(1.)

The COMPLEAT HOUSEWIFE: OR, *Accomplished Gentlewoman's* COMPANION:

Being a COLLECTION of upwards of Five Hundred of the most approved RECEIPTS in

COOKERY,	CAKES,
PASTRY,	CREAMS,
CONFECTIONARY,	JELLIES,
PRESERVING,	MADE WINES,
PICKLES,	CORDIALS.

With COPPER PLATES curiously engraven for the regular Disposition or Placing the various DISHES and COURSES.

AND ALSO

BILLS of FARE for every Month in the Year.

To which is added,

A Collection of near Two Hundred Family RECEIPTS of MEDICINES; *viz. Drinks, Syrups, Salves, Ointments,* and various other Things of sovereign and approved Efficacy in most Distempers, Pains, Aches, Wounds, Sores, *&c.* never before made publick; fit either for private Families, or such publick-spirited Gentlewomen as would be beneficent to their poor Neighbours.

By *E*—— *S*——

The SECOND EDITION.

LONDON:

Printed for J. PEMBERTON, at the *Golden Buck*, over-against St. *Dunstan's Church* in *Fleet-street.*

M. DCC. XXVIII.

date 1728. A.D. George II

PREFACE.

IT being grown as unfashionable for a Book now to appear in publick without a Preface, as for a Lady to appear at a Ball without a Hoop-petticoat, I shall conform to Custom for Fashion-sake, and not thro' any Necessity. The Subject being both Common and Universal, needs no Arguments to introduce it, and being so necessary for the Gratification of the Appetite, stands in need of no Encomiums to allure Persons to the Practice of it; since there are but few now-a-days who love not good Eating and Drinking. Therefore I entirely quit those two Topicks; but having three or four Pages to be filled up, previous to the Subject it self, I shall employ them on a Subject I think new, and not yet handled by

any of the Pretenders to the Art of Cookery, and that is the Antiquity of it, which if it either inſtruct or divert, I ſhall be ſatisfied, if you are ſo.

COOKERY, Confectionary, &c. *like all other Sciences and Arts, had their Infancy, and did not arrive at a State of Maturity but by ſlow degrees, various Experiments, and a long Tract of Time: For in the Infant-Age of the World, when the new Inhabitants contented themſelves with the ſimple Proviſion of Nature,* viz. *the Vegetable Diet, the Fruits and Productions of the teeming Ground, as they ſucceeded one another in their ſeveral peculiar Seaſons, the Art of Cookery was unknown; Apples, Nuts, and Herbs were both Meat and Sauce, and Mankind ſtood in no need of any additional Sauces, Ragoo's,* &c. *but a good Appetite; which a healthful and vigorous Conſtitution, a clear, wholſome, odoriferous Air, moderate Exerciſe, and an Exemption from anxious Cares, always ſupplied them with.*

WE read of no palled Appetites, but ſuch as proceeded from the Decays of Nature, by reaſon of an advanced Old-Age; but on the contrary, a craving Stomach, even upon a Death-Bed, as in Iſaac; *nor no Sickneſſes but thoſe that were both the*

firſt

first and the last, which proceeded from the Struggles of Nature, which abhorred the Dissolution of Soul and Body; no Physicians to prescribe for the Sick, nor no Apothecaries to compound Medicines for two thousand Years and upwards. Food and Physick were then one and the same thing.

BUT when Men began to pass from a Vegetable to an Animal Diet, and feed on Flesh, Fowls, and Fish, then Seasonings grew necessary, both to render it more palatable and savoury, and also to preserve that Part which was not immediately spent from Stinking and Corruption: And probably Salt was the first Seasoning discovered; for of Salt, we read Genesis xiv.

AND this seems to be necessary, especially for those who were advanced in Age, whose Palates, with their Bodies, had lost their Vigour as to Taste, whose digestive Faculty grew weak and impotent, and thence proceeded the Use of Soops and savoury Messes; so that Cookery then began to become a Science, though Luxury had not brought it to the height of an Art. Thus we read, that Jacob *made such palatable Pottage, that* Esau *purchased a Mess of it at the extravagant Price of his Birthright. And* Isaac, *before by his Last Will and Testament he bequeathed his Blessing to his*

Son Esau, *required him to make some savoury Meat, such as his Soul loved, i. e. such as was relishable to his blunted Palate.*

SO that Seasonings of some Sort were then in use; though whether they were salt, savoury Herbs, or Roots only; or Spices, the Fruits of Trees, such as Pepper, Cloves, Nutmegs; Bark, as Cinnamon; Roots, as Ginger, &c. I shall not determine.

AS for the Methods of the Cookery of those Times, Boiling or Stewing seems to have been the principal; Broiling or Roasting the next; besides which, I presume scarce any other were used for two thousand Years and more; for I remember no other in the History of Genesis.

THAT Esau *was the first Cook, I shall not presume to assert; for* Abraham *gave Order to dress a Fatted Calf; but* Esau *is the first Person mentioned that made any Advances beyond plain Dressing, as Boiling, Roasting, &c. For tho' we find indeed, that* Rebeccah *his Mother was accomplished with the Skill of making savoury Meat as well as he, yet whether he learned it from her, or she from him, is a Question too knotty for me to determine.*

BUT

But Cookery did not long remain a ſimple Science, or a bare Piece of Houſewifery or Family Oeconomy, but in proceſs of Time, when Luxury entered the World, it grew to an Art, nay a Trade; for in 1 Samuel viij. 13. *when the* Iſraelites *grew Faſhioniſts, and would have a King, that they might be like the reſt of their Neighbours, we read of Cooks, Confectioners,* &c.

THIS Art being of univerſal Uſe, and in conſtant Practice, has been ever ſince upon the Improvement; and we may, I think, with good reaſon believe, is arrived at its greateſt Height and Perfection, if it is not got beyond it, even to its Declenſion; for whatſoever new upſtart, out of the way Meſſes, ſome Humouriſts have invented, ſuch as ſtuffing a roaſted Leg of Mutton with pickled Herring, and the like, are only the Sallies of a capricious Appetite, and debauching rather than improving the Art it ſelf.

THE Art of Cookery, &c. *is indeed diverſifyed according to the Diverſity of Nations or Countries; and to treat of it in that Latitude would fill an unportable Volume, and rather confound than improve thoſe that would accompliſh themſelves with it. I ſhall therefore confine what I have to communicate within the limits of Practicalneſs and Uſefulneſs, and ſo within the Compaſs of a*

Manual, that ſhall neither burthen the Hands to hold, the Eyes in reading, nor the Mind in conceiving.

WHAT you will find in the following Sheets are Directions generally for Dreſſing after the beſt, moſt natural, and wholſome manner, ſuch Proviſions as are the Product of our own Country, and in ſuch manner as is moſt agreeable to Engliſh *Palates; ſaving that I have ſo far temporized, as, ſince we have to our diſgrace ſo fondly admired the* French *Tongue,* French *Modes, and alſo* French *Meſſes, to preſent you now and then with ſuch Receipts of* French *Cookery, as I think may not be diſagreeable to* Engliſh *Palates.*

THERE are indeed already in the World various Books that treat on this Subject, and which bear great Names, as Cooks to Kings, Princes, and Noblemen, and from which one might juſtly expect ſomething more than many, if not moſt of theſe I have read, perform, but found my ſelf deceived in my Expectations; for many of them to us are impracticable, others whimſical, others unpalatable, unleſs to depraved Palates, ſome unwholſome, many things copied from old Authors, and recommended without (as I am perſuaded) the Copiers ever having had any Experience of the Palatableneſs, or had any regard to the Wholſomeneſs of them:

Which

Which two Things ought to be the ſtanding Rules, that no Pretenders to Cookery, ought to deviate from. And I cannot but believe, that thoſe celebrated Performers, notwithſtanding all their Profeſſions of having ingenuouſly communicated their Art, induſtriouſly concealed their beſt Receipts from the Publick.

BUT what I here preſent the World with, is the Product of my own Experience, and that for the Space of thirty Years and upwards, during which time, I have been conſtantly employed in faſhionable and noble Families, in which the Proviſions ordered according to the following Directions, have had the general Approbation of ſuch as have been at many noble Entertainments.

THESE Receipts are all ſuitable to Engliſh *Conſtitutions and* Engliſh *Palates, wholeſome, toothſome, all practicable and eaſy to be performed. Here are thoſe proper for a frugal, and alſo for a ſumptuous Table, and, if rightly obſerved, will prevent the ſpoiling of many a good Diſh of Meat, the Waſte of many good Materials, the Vexation that frequently attends ſuch Miſmanagements, and the Curſes not unfrequently beſtowed on Cooks with the uſual Reflection, That* whereas God ſends good Meat, the Devil ſends Cooks.

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AS to those Parts that treat of Confectionary, Pickles, Cordials, Engliſh *Wines,* &c. *What I have ſaid in relation to Cookery is equally applicable to them alſo.*

IT is true, I have not been ſo numerous in Receipts as ſome who have gone before me, but I think I have made amends in giving none but what are approved and practicable, and fit either for a genteel or noble Table; and although I have omitted odd and fantaſtical Meſſes, yet I have ſet down a conſiderable number of Receipts.

THE Treatiſe is divided into ten Parts: Cookery contains above an hundred Receipts, Pickles fifty, Puddings above fifty, Paſtry above forty, Cakes forty, Creams and Jellies above forty, Preſerving an hundred, Made Wines forty, Cordial Waters and Powders above ſeventy, Medicines and Salves almoſt two hundred: In all upwards of ſeven hundred.

I have likewiſe preſented you with Schemes engraven on Copper-Plates for the regular Diſpoſition or placing the Diſhes of Proviſion on a Table according to the beſt Manner, both for Summer and Winter, firſt and ſecond Courſes, &c.

AS for the Receipts for Medicines, Salves, Ointments, good in ſeveral Diſeaſes, Wounds, Hurts, Bruiſes, Aches, Pains, &c. which amount to near two hundred, they are generally Family Receipts, that have never been made publick; excellent in their Kind, and approved Remedies, which have not been obtained by me but with much Difficulty; and of ſuch Efficacy in Diſtempers, &c. to which they are appropriated, that they have cured when all other Means have failed; and a few of them, which I have communicated to a Friend, have procured a very handſome Livelihood.

THEY are very proper for thoſe Generous, Charitable, and Chriſtian Gentlewomen that have a Diſpoſition to be ſerviceable to their poor Country Neighbours, labouring under any of the Afflicted Circumſtances mentioned; who by making the Medicines, and generouſly contributing as occaſions offer, may help the Poor in their Afflictions, gain their Good-Will and Wiſhes, entitle themſelves to their Bleſſings and Prayers, and alſo have the Pleaſure of ſeeing the Good they do in this World, and have good Reaſon to hope for a Reward (though not by the Way of Merit) in the World to come.

AS

PREFACE.

AS the Whole of this Collection has coſt me much Pains, and a thirty Years diligent Application, and I have had Experience of their Uſe and Efficacy, I hope they will be as kindly accepted, as by me they are generouſly offered to the Publick: And if they prove to the Advantage of many, the End will be anſwered that is propoſed by her that is ready to ſerve the Publick in what ſhe may.

BRITISH MUSEUM 19 MAY 68

A Bill of Fare for every Seaſon of the Year.

For JANUARY.

Firſt Courſe.

COllar of Brawn
Biſque of Fiſh
Soop with Vermicelly
Orange-Pudding with Patties
Chine and Turkey
Lamb-Paſty
Roaſted Pullets with Eggs
Oiſter-Pie
Roaſted Lamb in Joints
Grand Sallad, with Pickles.

Second Courſe.

Wild Fowl of all Sorts
Chine of Salmon broil'd with Smelts
Fruit of all Sorts
Jole of Sturgeon
Collar'd Pig
Dry'd Tongues, with ſalt Sallads
Marinated Fiſh.

For FEBRUARY.

Firſt Courſe.

SOOP *Lorain*
Turbot boil'd with Oiſters and Shrimps
Grand Patty
Hen-Turkeys with Eggs
Marrow-Puddings
Stew'd Carps and broil'd Eels
Spring-Pye
Chine of Mutton, with Pickles
Diſh of *Scotch* Collops
Diſh of Salmigondin.

Second Courſe.

Fat Chickens and tame Pigeons
Aſpargus aud Lupins
Tanzy and Fritters
Diſh of Fruit of Sorts
Diſh of fry'd Soles
Diſh of Tarts, Cuſtards, and Cheeſecakes.

For MARCH.

Firſt Courſe.

DISH of Fiſh of Sorts
Soop *de Santè*
Weſtphalia Ham and Pigeons
Battallio Pye
Pole of Ling
Diſh of roaſted Tongues and Udders
Peaſe-Soop
Almond Puddings of Sorts
Olives of Veal *a-la-mode*
Diſh of Mullets boiled.

Second Courſe.

Broil'd Pike
Diſh of Notts, Ruffs, and Quails
Skerret Pye
Diſh of Jellies of Sorts
Diſh of Fruit of Sorts
Diſh of cream'd Tarts.

For

A Bill of Fare for

For April.

First Course.

Westphalia-Ham and Chickens
Diſh of haſh'd Carps
Biſque of Pigeons
Lumber Pye
Chine of Veal
Grand Sallad
Beef *a-la-mode*
Almond Florentines
Fricaſſee of Chickens
Diſh of Cuſtards.

Second Course.

Green Geeſe and Ducklings
Butter'd Crab, with Smelts fry'd
Diſh of ſucking Rabbits
Rock of Snow and Sillabubs
Diſh of ſouced Mullets
Butter'd Apple-Pye
March-Pain.

For May.

First Course.

Jole of Salmon, &c.
Cray-fiſh Soop
Diſh of Sweet Puddings of Colours
Chicken-Pye
Calves-Head haſh'd
Chine of Mutton
Grand Sallad
Roaſted Fowls *à la daube*
Roaſted Tongues and Udders
Ragoo of Veal, &c.

Second Course.

Diſh of young Turkeys larded, and Quails
Diſh of Peaſe
Biſque of Shell-fiſh
Roaſted Lobſters
Green Geeſe
Diſh of Sweetmeats
Orangeado Pye
Diſh of Lemon and Chocolate Creams
Diſh of collar'd Eels, with Cray-fiſh.

For June.

First Course.

Roaſted Pike and Smelts
Weſtphalia-Ham and young Fowls
Marrow-Puddings
Haunch of Veniſon roaſted
Ragoo of Lamb-ſtones and Sweetbreads
Fricaſſee of young Rabbets, &c.
Umble Pyes
Diſh of Mullets
Roaſted Fowls
Diſh of Cuſtards.

Second Course.

Diſh of young Pheaſants
Diſh of fry'd Soles and Eels
Potato-Pye
Jole of Sturgeon
Diſh of Tarts and Cheeſecakes
Diſh of Fruit of Sorts
Sillabubs.

BRITISH MUSEUM 15 68 MAY

For

For JULY.

First Course.

COck Salmon with butter'd Lobster
Diſh of *Scotch*-Collops
Chine of Veal
Veniſon Paſty
Grand Sallad
Roaſted Geeſe and Ducklings
Patty Royal
Roaſted Pig larded
Stew'd Carps
Diſh of Chickens boil'd with Bacon, *&c.*

Second Course.

Diſh of Partridges and Quails
Diſh of Lobſters and Prawns,
Diſh of Ducks and tame Pigeons
Diſh of Jellies
Diſh of Fruit
Diſh of marinated Fiſh
Diſh of Tarts of Sorts.

For AUGUST.

First Course.

WEſtphalia-Ham and Chickens
Biſque of Fiſh
Haunch of Veniſon roaſted
Veniſon Paſty
Roaſted Fowls *à la daube*
Umble-Pies
White Fricaſſees of Chickens
Roaſted Turkeys larded
Almond Florentines
Beef *à-la-mode.*

Second Course.

Diſh of Pheaſants and Partridges
Roaſted Lobſters
Broil'd Pike
Creamed Tart
Rock of Snow and Sillabubs
Diſh of Sweetmeats
Salmigondin.

For SEPTEMBER.

First Course.

BOil'd Pullets with Oyſters, Bacon, *&c.*
Biſque of Fiſh
Batallio-Pie
Chine of Mutton
Diſh of Pickles
Roaſted Geeſe
Lumber-Pie
Olives of Veal with Ragoo
Diſh of boil'd Pigeons with Bacon.

Second Course.

Diſh of Ducks and Teal
Diſh of fry'd Soles
Butter'd Apple-Pie
Jole of Sturgeon
Diſh of Fruit
March-Pain.

For OCTOBER.

First Course.

WEſtphalia-Ham and Fowls
Cod's-Head with Shrimps and Oyſters
Haunch of Doe with Udder *à la Force*
Minced Pies
Chine and Turkey
Biſque of Pigeons
Roaſted Tongues and Udders
Scotch-Collops
Lumber-Pye.

Second Course.

Wild Fowl of Sorts
Chine of Salmon broil'd
Artichoke-Pye
Broil'd Eel and Smelts
Salmigondin
Diſh of Fruit
Diſh of Tarts and Cuſtards.

For NOVEMBER.

First Course.

BOil'd Fowls with Savoys, Bacon, &c.
Diſh of ſtew'd Carps and ſcollop'd Oyſters
Chine of Veal and Ragoo
Sallad and Pickles
Veniſon-Paſty
Roaſted Geeſe
Calves-head haſh'd
Diſh of Gurnets
Grand Patty
Roaſted Hen-Turkey with Oyſters.

Second Course.

Chine of Salmon and Smelts
Wild Fowl of Sorts
Potato-Pye
Sliced Tongues with Pickles
Diſh of Jellies
Diſh of Fruit
Quince-Pye.

For DECEMBER.

First Course.

WEſtphalia-Ham and Fowls
Soop with Teal
Turbot with Shrimps and Oyſters
Marrow-Pudding
Chine of Bacon and Turkey
Batallio-Pye
Roaſted Tongue and Udder, and Hare
Pullets and Oyſters, Sauſages, &c.
Minced Pyes
Cod's-Head with Shrimps.

Second Course.

Roaſted Pheaſants, and Partridges
Biſque of Shell-fiſh
Tanſy
Diſh of roaſted Ducks and Teals
Jole of Sturgeon
Pear-Tart cream'd
Diſh of Sweetmeats
Diſh of Fruit of Sorts.

THE Compleat Houſewife: OR, Accompliſh'd Gentlewoman's COMPANION.

COOKERY, &c.

To make a Soop.

TAKE a Leg of Beef, and boil it down with ſome Salt, a bundle of Sweet-herbs, an Onion, a few Cloves, a bit of Nutmeg; boil three gallons of Water to one; then take two or three pounds of lean Beef cut in thin ſlices; then put in your Stew-pan a piece of Butter, as big as an Egg, and flour it, and let the Pan be hot, and ſhake it till the Butter be brown; then lay your Beef in your Pan over a pretty quick Fire, cover it

cloſe, give it a turn now and then, and ſtrain in your ſtrong Broth, with an Anchovy or two, a handful of Spinnage and Endive boiled green, and drained and ſhred groſs; then have Pallets ready boiled and cut in pieces, and Toaſts fry'd and cut like dice, and Forc'd-meat Balls fry'd: Take out the fry'd Beef, and put all the reſt together with a little Pepper, and let it boil a quarter of an hour, and ſerve it up with a Knuckle of Veal, or a Fowl boiled, in the middle.

Another Gravy Soop.

TAKE a Leg of Beef, and a piece of the Neck, and boil it till you have all the goodneſs out of it; then ſtrain it from the Meat; then take half a pound of freſh Butter, and put it in a Stew-pan and brown it; then put in an Onion ſtuck with Cloves, ſome Endive, Sellary and Spinnage, and your ſtrong Broth, and ſeaſon it to your Palate with Salt, Pepper, and Spices; and let it boil together; and put in chips of *French* bread dried by the Fire; and ſerve it up with a *French* roll toaſted in the middle.

To make Craw-fiſh or Lobſter Soop.

TAKE Whitings, Flounders and Grigs, and put them in a gallon of Water, with Pepper, Salt, Cloves, Mace, a bunch of Sweet-herbs, a little Onion, and boil them to pieces, and ſtrain them out of the Liquor; then take a large Carp, and cut off the Fiſh of one ſide of it, and put ſome Eel to it, and make Forc'd-meat of it, and lay it on the Carp as before; dredge grated Bread over it, and butter a diſh well, and put it in an Oven and bake it; then take an hundred

of

of Craw-fiſh, break all the ſhells of the claws and tail, and take out the meat as whole as you can; then break all the ſhells ſmall, and the ſpawn of a Lobſter, and put them to the Soop (and, if you pleaſe, ſome Gravy) and give them a boil together; and ſtrain the liquor out into another Sauce-pan, with the tops of *French* rolls dried, and beat, and ſifted, and give it a boil up to thicken; then brown ſome Butter, and put in your tails and claws of your Crawfiſh, and ſome of your Forc'd-meat made into balls, and put your baked Carp in the middle of the diſh, and pour your Soop on boiling hot, and your Craw-fiſh or Lobſter in it; garniſh the diſh with Lemon and ſcalded Greens.

A Faſting-Day Soop.

TAKE Spinnage, Sorrel, Chervil and Lettuce, and chop them a little; then brown ſome Butter, and put in your Herbs, keep them ſtirring that they do not burn; then have boiling Water over the fire, and put to it a very little Pepper, ſome Salt, a whole Onion ſtuck with Cloves, and a *French* roll cut in ſlices and dried very hard, and ſome Piſtachia kernels blanched and ſhred fine, and let all boil together; then beat up the yolks of eight Eggs with a little White-wine and the juice of a Lemon, and mix it with your Broth, and toaſt a whole *French* roll, and put in the middle of your diſh, and pour your Soop over it; garniſh your diſh with ten or twelve poached Eggs and ſcalded Spinnage.

To make Plum-Porridge.

TAKE a Leg and Shin of Beef to ten gallons of Water, boil it very tender, and when the Broth is ſtrong, ſtrain it out, wipe the

Pot, and put in the Broth again; slice six Penny-loaves thin, cutting off the top and bottom; put some of the liquor to it, cover it up, and let it stand a quarter of an hour, and then put it in your Pot, let it boil a quarter of an hour, then put in five pounds of Currants, let them boil a little, and put in five pounds of Raisins, and two pounds of Prunes, and let them boil till they swell; then put in three quarters of an ounce of Mace, half an ounce of Cloves, two Nutmegs, all of them beat fine, and mix it with a little liquor cold, and put them in a very little while, and take off the Pot, and put in three pounds of Sugar, a little Salt, a quart of Sack, and a quart of Claret, the juice of two or three Lemons; you may thicken with Sagoe instead of Bread, if you please; pour them into earthen Pans, and keep them for use.

A Soop or Pottage.

TAKE several Knuckles of Mutton, a Knucle of Veal, a Shin of Beef, and put to these twelve quarts of Water, cover the Pot close, and set it on the fire; let it not boil too fast; scum it well, and let it stand on the fire twenty four hours; then strain it through a Colander, and when 'tis cold take off the Fat, and set it on the fire again, and season it with Salt, a few Cloves, Pepper, a blade of Mace, a Nutmeg quartered, a bunch of Sweet-herbs, and a pint of Gravy; let all these boil up for half an hour, and then strain it out, Spinnage, Sorrel, green Peas, Asparagus, or Artichoke-bottoms, according to the time of year; then thicken it up with the Yolks of three or four Eggs; have in readiness some Sheep's Tongues, Cox-combs, and Sweetbreads sliced thin and fried, and put them in, and some Mushrooms, and *French* bread dried and cut in little bits, some Forc'd-meat Balls, and some very thin slices of Bacon;

Bacon; make all these very hot, and garnish the Dish with Coleworts and Spinnage scalded green.

To make Peas-Pottage.

TAKE a quart of white Peas, a piece of Neck-beef, and four quarts of fair Water, and boil them till they are all to pieces; then strain them through a Colander; then take a handful or two of Spinnage, a top or two of young Coleworts, and a very small Leek; shred the Herbs a little, and put them into a Frying-pan, or Stew-pan, with three quarters of a pound of fresh Butter, but the Butter must be very hot before you put in your Herbs; let them fry a little while, then put in your Liquor, and two or three Anchovies, some Salt and Pepper to your taste, a sprig of Mint rubb'd in small, and let all boil together till you think it is thick enough; then have in readiness some Forc'd-meat, and make three or fourscore Balls, about the bigness of large Peas, fry them brown, and put them in the Dish you serve it in, and fry some thin slices of Bacon, put some in the Dish and some on the brim of the Dish, with scalded Spinnage; fry some Toasts after the Balls brown and hard, and break them into the Dish; then pour your Pottage over all, and serve to the Table.

To make strong Broth to keep for Use.

TAKE part of a Leg of Beef, and the Scrag-end of a Neck of Mutton, and break the Bones in pieces, and put to it as much Water as will cover it, and a little Salt; and when it boils, scum it clean, and put into it a whole Onion stuck with Cloves, a bunch of Sweet-herbs, some Pep-

per, a Nutmeg quartered; let theſe boil till the Meat is boiled in pieces, and the ſtrength boiled out of it; then put to it two or three Anchovies, and when they are diſſolved, ſtrain it out; and keep it for any ſort of Haſh or Fricaſy.

To make Forc'd-Meat.

TAKE part of a Leg of Mutton, Veal or Beef, and pick off the Skins and Fat, and to every pound of Meat put two pounds of Beef-ſuet; ſhred them together very fine, then ſeaſon it with Pepper, Salt, Cloves, Mace, Nutmeg, and Sage; then put all into a Stone Mortar, and to every two pounds of Meat put half a pint of Oyſters and ſix Eggs well beaten; then mix them all together, and beat it very well; then keep it in an earthen Pot for your uſe; put a little Flour on the top, and when you roll them up, flour your Hands.

To Pickle Oyſters.

TAKE a quart of Oyſters, and waſh them in their own Liquor very well, till all the grittineſs is out; put them in a Sauce-pan or Stew-pan, and ſtrain the Liquor over them, ſet them on the Fire, and ſcum them; then put in three or four blades of Mace, a ſpoonful of whole Pepper-corns; when you think they are boiled enough, throw in a glaſs of White-wine: Let them have a thorough ſcald; then take them up, and when they are cold, put them in a Pot, and pour the Liquor over them, and keep them for uſe. Take them out with a Spoon.

To Collar Eels.

TAKE your Eel and cut it open, take out the Bones, and cut off the Head and Tail, and lay the Eel flat on a Dresser, and shred Sage as fine as possible, and mix it with black Pepper beat, Nutmeg grated, and Salt, and lay it all over the Eel, and roll it up hard in little Cloths, and tye it up tight at each end; then set over some Water with Pepper and Salt, five or six Cloves, three or four blades of Mace, a Bay-leaf or two; boil it and the Bones and Head and Tail well together; then take out the Head and Tail and put it away, and put in your Eels, and let them boil till they are tender; then take them out of the Liquor, and boil the Liquor longer; then take it off, and when 'tis cold, put it to your Eels, but do not take off the little Cloths till you use them.

To Pot Lobsters.

TAKE a dozen of large Lobsters, take out all the Meat of their Tails and Claws after they are boiled; then season them with beaten Pepper, Salt, Cloves, Mace, and Nutmeg, all finely beaten and mix'd together; then take a Pot, put therein a Layer of fresh Butter, upon which put a Layer of Lobster, and then strew over some Seasoning, and repeat the same till your Pot is full, and your Lobster all in; bake it about an hour and half, then set it by two or three days, and it will be fit to eat. It will keep a Month or more, if you pour from it the Liquor when it comes out of the Oven, and fill it up with clarified Butter. Eat it with Vinegar.

Hung Beef.

MAKE a ſtrong Brine with Bay-ſalt, and Petre-ſalt, and Pump-water, and ſteep therein a Rib of Beef for nine days; then hang it up in a Chimney where Wood or Saw-duſt is burnt; when 'tis a little dry, waſh the out-ſide with Blood two or three times, to make it look black, and when 'tis dried enough, boil it for uſe.

To roaſt a Cod's Head.

TAKE the Head, waſh and ſcour it very clean, then ſcotch it with a Knife, and ſtrew a little Salt on it, and lay it on a Stew-pan before the Fire with ſomething behind it; throw away the Water that runs from it the firſt half hour; then ſtrew on it ſome Nutmeg, Cloves, and Mace, and Salt, and baſte it often with Butter, turning it till it is enough. If it be a large Head it will take four or five hours roaſting; then take all the Gravy of the Fiſh, as much White-wine, and more Meat-gravy, ſome Horſe-raddiſh, one or two Eſchalots, a little ſliced Ginger, ſome whole Pepper, Cloves, Mace, and Nutmeg, a Bay-leaf or two; beat this Liquor up with Butter and the Liver of the Fiſh boiled, and broke, and ſtrained into it, and the Yolks of two or three Eggs, ſome Oyſters and Shrimps, and Balls made of Fiſh, and fried Fiſh round it. Garniſh with Lemon and Horſe-raddiſh.

To pickle Ox Palates.

TAKE your Palates and waſh them well with Salt in the Water, and put them in a Pipkin with Water and ſome Salt, and when they are ready

ready to boil, ſcum them very well, and put into them whole Pepper, Cloves and Mace, as much as will give them a quick taſte: When they are boiled tender (which will require four or five hours) peel them and cut them into ſmall pieces, and let them cool; then make the Pickle of White-wine Vinegar, and as much White-wine; boil the Pickle, and put in the Spice as was boiled in the Palates, and a little freſh Spice; put in ſix or ſeven Bay-leaves, and let both Pickle and Palates be cold before you put them together; then keep them for uſe.

To make a Ragoo of Pigs Ears.

TAKE a quantity of Pigs Ears, and boil them in one half Wine and the other Water; cut them in ſmall pieces, then brown a little Butter, and put them in, and a pretty deal of Gravy, two Anchovies, an Eſchalot or two, a little Muſtard, and ſome ſlices of Lemon, ſome Salt, and Nutmeg: Stew all theſe together, and ſhake it up thick. Garniſh the Diſh with Barberies.

To make Collar'd Beef.

TAKE a Flank of Beef, ſalt it with white Salt, and let it lye forty-eight hours; then waſh it, and hang it in the Wind to dry twenty-four hours; then take Pepper, Salt, Cloves, Mace and Nutmegs, and Saltpetre, all beaten fine, and mix them together, and rub it all over the inſide, and roll it up hard, and tye it faſt with Tape; put it in a Pan with a few Bay-leaves, and four pounds of Butter, and cover the Pot with Rye-paſte, and bake it with Houſhold-bread.

To ſtew Oyſters in French *Rolls.*

TAKE a quart of large Oyſters; waſh them in their own Liquor, and ſtrain it, and put them in it with a little Salt, ſome Pepper, Mace, and ſliced Nutmeg; let the Oyſters ſtew a little with all theſe things, and thicken them up with a great deal of Butter; then take ſix *French* rolls, cut a piece off the top, and take out the Crum, and take your Oyſters boiling hot, and fill the Rolls full, and ſet them near the fire on a Chafing-diſh of Coals, and let them be hot through, and as the Liquor ſoaks in, fill them up with more, if you have 'em, or ſome hot Gravy: So ſerve them up inſtead of a Pudding.

To ſtuff a Shoulder or Leg of Mutton with Oyſters.

TAKE a little grated Bread, ſome Beef-ſuet, yolks of hard Eggs, three Anchovies, a bit of an Onion, Salt and Pepper, Thyme and Winter-ſavory, twelve Oyſters, ſome Nutmeg grated; mix all theſe together, and ſhred them very fine, and work them up with raw Eggs like a paſte, and ſtuff your Mutton under the Skin in the thickeſt place, or where you pleaſe, and roaſt it; and for Sauce take ſome of the Oyſter-liquor, ſome Claret, two or three Anchovies, a little Nutmeg, a bit of an Onion, the reſt of the Oyſters: Stew all theſe together, then take out the Onion, and put it under your Mutton.

To roaſt a Pike.

TAKE a large Pike, gut it, and clean it, and lard it with Eel and Bacon, as you lard a Fowl; then take Thyme and Savory, Salt, Mace, and Nutmeg, ſome Crums of Bread, Beef-ſuet and Parſley; ſhred all very fine, and mix it up with raw Eggs; make it in a long Pudding, and put it in the Belly of your Pike, skewer up the Belly, and diſſolve Anchovies in Butter, and baſte it with it; put two Splints on each ſide the Pike, and tye it to the ſpit; melt Butter thick for the Sauce, or if you pleaſe Oyſter-ſauce, and bruiſe the Pudding in it. Garniſh with Lemon.

A Ragoo of Sweet-breads.

TAKE your Sweet-breads and skin them, and put ſome Butter in the Frying-pan, and brown it with Flour, and put the Sweet-breads in; ſtir them a little and turn them; then put in ſome ſtrong Broth and Muſhrooms, ſome Pepper and Salt, Cloves and Mace; let them ſtew half an hour; then put in ſome Forc'd-meat Balls, ſome Artichoke-bottoms cut ſmall and thin; make it thick, and ſerve it up with ſliced Lemon.

A Ragoo of Oyſters.

PUT into your Stew-pan a quarter of a pound of Butter, let it boil; then take a quart of Oyſters, ſtrain them from their Liquor, and put them to the Butter; let them ſtew with a bit of Eſchalot ſhred very fine, and ſome grated Nutmeg, and a little Salt; then beat the yolks of three or four Eggs with the Oyſter-liquor and half a pound of Butter, and ſhake all very well toge-

ther till 'tis thick, and ſerve it up with Sippets, and garniſh with ſliced Lemon.

To mumble Rabbets and Chickens.

PUT into the Bellies of your Rabbets, or Chickens, ſome Parſley, an Onion, and the Liver; ſet it over the Fire in the Stew-pan with as much Water as will cover them, with a little Salt; when they are half boiled take them out, and ſhred the Parſley, Liver, and Onion, and tear the Fleſh from the Bones of the Rabbet in ſmall flakes, and put it into the Stew-pan again with a very little of the Liquor it was boiled in, and a pint of White-wine, and ſome Gravy, and half a pound or more of Butter and ſome grated Nutmeg; when 'tis enough ſhake in a little Flour, and thicken it up with Butter. Serve it on Sippets.

To ſtew Muſhrooms.

TAKE ſome ſtrong Broth, and ſeaſon it with a bunch of Sweet-herbs, ſome Spice and Anchovies, and ſet it over the fire till 'tis hot; then put in your Muſhrooms, and juſt let them boil it up; then take ſome yolks of Eggs, with a little minced Thyme and Parſley, and ſome grated Nutmeg, and ſtir it over the fire till 'tis thick. Serve it up with ſliced Lemon.

To collar a Calf's Head.

TAKE a Calf's Head with the Skin and Hair upon it; then ſcald it, to fetch off the Hair; then parboil it, but not too much; then get it clean from the Bones while it is hot; you muſt ſlit it on the fore part, ſeaſon it with Pepper, Salt,

Salt, Cloves, Mace, Nutmeg, and Sweet-herbs, ſhred ſmall, and all mix'd together with the yolks of three or four Eggs, and ſpread it over the Head, and roll it up hard. Boil it gently for three hours, in juſt as much Water as will cover it; when 'tis tender 'tis boiled enough. If you do the Tongue, firſt boil it and peel it, and ſlice it in thin ſlices, and likewiſe the Palate, and put them and the Eyes in the inſide of the Head before you roll it up. When the Head is taken out, ſeaſon the Pickle with Salt, Pepper and Spice, and give it a boil, adding to it a pint of White-wine and as much Vinegar. When 'tis cold, put in the Collar; and when you uſe it, cut it in ſlices.

To collar Cow-Heels.

TAKE five or ſix Cow-Heels or Feet, and bone them while they are hot, and lay them one upon another, ſtrewing ſome Salt between; then roll them up in a coarſe Cloth, and ſqueeze in both ends, and tye them up very hard; boil it an hour and half; then take it out, and when it's cold put it into common Souce-drink for Brawn. Cut off a little at each end, it looks the better. Serve it in ſlices, or in the Collar, as you pleaſe.

Scotch Collops.

CUT your Collops off a Fillet of Veal; cut them thin, hack them and fry them in freſh Butter; then take them out and brown your Pan with Butter and Flour as you do for a Soop. Do not make it too thick; put in your Collops and ſome Bacon cut thin, and fryed, and ſome Forc'd-meat Balls fryed, ſome Muſhrooms, Oyſters, Artichoke-bottoms diced, Lemon and Sweet-breads, or Lamb-ſtones; ſome ſtrong Broth Gravy and thick

thick Butter; toſs up all together. Garniſh the Diſh with ſliced Lemon.

To ſtew a Rump of Beef.

SEASON your Rump of Beef with two Nutmegs, ſome Pepper and Salt, and lay the fat ſide downward in your Stew-pan; put to it a quarter of a pint of Vinegar, a pint of Claret, three pints of Water, three whole Onions ſtuck with a few Cloves, and a bunch of Sweet-herbs; cover it cloſe, and let it ſtew over a gentle Fire four or five hours; ſcum off the Fat from the Liquor. Lay your Meat on Sippets, and pour your Liquor over it. Garniſh your Diſh with ſcalded Greens.

To roaſt an Eel.

TAKE a large Eel, and ſcour him well with Salt; then skin him almoſt to the Tail; then gut, and waſh, and dry him; then take a quarter of a pound of Suet, ſhred as fine as poſſible, put to it Sweet-herbs and Eſchalot, likewiſe ſhred very fine, and mix it together with ſome Salt, Pepper, and grated Nutmeg: ſcotch your Eel on both ſides the breadth of a Finger's diſtance, and waſh it with yolks of Eggs, and ſtrew ſome Seaſoning over it, and ſtuff the Belly with it; then draw the Skin over it; put a long Skewer through it, and tye it to a Spit, and baſte it with Butter, and make the Sauce Anchovy and Butter melted.

To make a pale Fricaſy.

TAKE Lamb, Chicken, or Rabbets, cut in pieces, waſh it well from the Blood, then put it in a broad Pan or Stew-pan; put in as much fair Water as will cover it; put in Salt, a bunch of

of Sweet-herbs, some Pepper, an Onion, two Anchovies, and stew it till 'tis enough; then mix in a Poringer six yolks of Eggs, a Glass of White-wine, a Nutmeg grated, a little chopt Parsley, a piece of fresh Butter, and three or four spoonfuls of Cream; beat all these together, and put it into your Stew-pan, and shake it together till 'tis thick. Dish it on Sippets, and garnish with sliced Lemon.

To pickle Oysters.

OPEN your Oysters, and get the Grit from them, and stew them in their own Liquor in an earthen Pipkin till they are tender; then take up the Oysters, and cover them, that they may not be discoloured; then increase the Liquor with as much more Water, and let it boil till one third is consumed; then put your Oysters into your Pot or Barrel, laying between the rows some whole Pepper, and Spice, and a few Bay-leaves; and when the Pickle is cold, put it to your Oysters, and keep them very close covered.

To harsh a Calf's Head.

BOIL your Calf's Head almost enough, and when 'tis cold, cut the Meat in thin slices clean from the Bone, and put it into a Stew-pan, with some strong Broth, a Glass of White-wine, some Oysters, and their Liquor, a bunch of Sweet-herbs, two or three Eschalots, a Nutmeg quartered, and let these stew on a slow Fire till they are enough; then put in two or three Anchovies, the yolks of four Eggs well beaten, and a piece of Butter, and thicken it up; then have ready fry'd some thin slips of Bacon, some forc'd-meat Balls, some large Oysters, dipp'd in Batter; the

the Brains firſt boiled and then fry'd, ſome Sweetbreads cut in ſlices, ſome Lamb-ſtones cut in Rounds; then put your Harſh in your Diſh and the other things, ſome round and ſome on it. Garniſh the Diſh with ſliced Lemon.

To make Scotch-Scollops.

CUT thin ſlices out of a Leg of Veal, as many as you think will ſerve for a Diſh, and hack them, and lard ſome with Bacon, and fry them in Butter; then take them out of the Pan, and keep them warm, and clean the Pan, and put into it half a pint of Oyſters, with their Liquor, and ſome ſtrong Broth, one or two Eſchalots, a Glaſs of White-wine, two or three Anchovies minced, ſome grated Nutmeg; let theſe have a boil up, and thicken it with four or five Eggs and a piece of Butter, and then put in your Collops, and ſhake them together till it's thick; put dried Sippets on the bottom of the Diſh, and put your Collops in, and ſo many as you pleaſe of the things in your Harſh.

A Fricaſy of Chickens.

AFTER you have drawn and waſh'd your Chickens, half boil them; then take them up and cut them in pieces, and put them into a Frying-pan, and fry them in Butter; then take them out of the Pan and clean it, and put in ſome ſtrong Broth, ſome White-wine, ſome grated Nutmeg, a little Pepper and Salt, a bunch of Sweetherbs, and an Eſchalot or two; let theſe, with two or three Anchovies, ſtew on a ſlow fire and boil up; then beat it up with Butter and Eggs till 'tis thick, and put your Chickens in, and toſs them

well together; lay Sippets in the Diſh, and ſerve it up with ſliced Lemon and fried Parſley.

A Fricaſy of Rabbets.

CUT and waſh your Rabbets very well, and put them in a Frying-pan, with a pound of Butter, an Onion ſtuck with Cloves, a bunch of Sweet-herbs, and ſome Salt: let it ſtew till 'tis enough; then beat up the yolks of ſix Eggs, with a Glaſs of White-wine, a little Parſley ſhred, a Nutmeg grated, and mix it, by degrees, with the Liquor in your Pan, and ſhake it till 'tis thick, and ſerve it up on Sippets. Garniſh the Diſh with ſliced Lemon.

A Fricaſy of Double Tripe.

CUT your Tripe in ſlices, two Inches long, and put it into a Stew-pan; put to it a quarter of a pound of Capers, as much Samphire ſhred, half a pint of ſtrong Broth, as much White-wine, a bunch of Sweet-herbs, a Lemon ſhred ſmall; ſtew all theſe together till 'tis tender; then take it off the Fire, and thicken up the Liquor with the yolks of three or four Eggs, a little Parſley boiled green, and chopt, ſome grated Nutmeg and Salt; ſhake it well together. Serve it on Sippets. Garniſh with Lemon.

A Fricaſy of Ox Palates.

MAKE the Gravy thus: Take two pounds of Beef, cut it in little bits, and put it in a Sauce-pan, with a quart of Water, ſome Salt, ſome whole Pepper, an Onion, an Eſchalot or two, two or three Anchovies, a bit of Horſe-radiſh; let all theſe ſtew till 'tis a ſtrong Gravy; then ſtrain

it out, and ſet it by; then have ten or twelve Ox Palates, boil them till they are tender, and peel them, and cut them in ſquare pieces; then flay and draw two or three Chickens, and cut them between every Joynt, and ſeaſon them with a little Nutmeg, Salt and ſhred Thyme, and put them in a Pan, and fry them with Butter; when they are half fry'd, then put in half your Gravy, and all your Palates, and let them ſtew together, and put the reſt of your Gravy into a Sauce-pan, and when it boils, thicken it up with the yolks of three or four Eggs, beaten with a Glaſs of White-wine, and a piece of Butter, and three or four ſpoonfuls of thick Cream; then pour all into your Pan, ſhake it well together, and diſh it up. Garniſh with pickled Grapes.

A Fricaſy of great Plaice or Flounders.

RUN your Knife all along upon the Bone on the back-ſide of your Plaice, then raiſe the Fleſh on both ſides from the Head to the Tail, and take out the Bone clear; then cut your Plaice in ſix Collops, dry it very well from the Water, ſprinkle it with Salt, and flour it well, and fry it in a very hot Pan of Beef-dripping, ſo that it may be criſp; take it out of the Pan and keep it warm before the Fire; then make clean the Pan, and put into it Oyſters and their Liquor, ſome White-wine, the Meat out of the Shell of a Crab or two. Mince half the Oyſters, ſome grated Nutmeg, three Anchovies. Let all theſe ſtew up together; then put in half a pound of Butter, and put in your Plaice, and toſs them well together, and diſh them on Sippets, and pour the Sauce over them. Garniſh the Diſh with yolks of hard Eggs, minced and ſliced Lemon. After this manner do Salmon or any firm Fiſh.

To boil Mullet or any ſort of Fiſh.

SCALE your Fiſh, and waſh them, ſaving their Liver, or Tripes, Rowſes, or Spawn; boil them in Water that is ſeaſoned with Salt, White-wine Vinegar, White-wine, a bunch of Sweet-herbs, a ſliced Lemon, one or two Onions, ſome Horſe-radiſh; and when it boils up, put in your Fiſh, and for Sauce, a pint of Oyſters with their Liquor, a Lobſter bruiſed or minced, or Shrimps, ſome White-wine, two or three Anchovies, ſome large Mace, a quartered Nutmeg, a whole Onion. Let theſe have a boil up, and thicken it with Butter and the yolks of two or three Eggs. Serve it on Sippets, and garniſh with Lemon.

To butter Crabs or Lobſters.

YOUR Crabs or Lobſters being boiled and cold, take all the Meat out of the Shells and Body, break the Claws, and take out all their Meat, mince it ſmall, and put it all together, and add to it two or three ſpoonfuls of Claret, a very little Vinegar, a Nutmeg grated; then let it boil up till 'tis thorough hot; then put in ſome Butter melted, with ſome Anchovies and Gravy, and thickned up with the yolks of an Egg or two; and when 'tis very hot, put it in the large Shell, and ſtick it with Toaſts.

To ſtew a Carp.

TAKE a living Carp, and cut him in the Neck and Tail, and ſave the Blood; then open him in the Belly; take heed you do not break the Gall, and put a little Vinegar into the Belly to waſh out all the Blood; ſtir all the Blood with

your Hand; then put your Carp into a Stew-pan; if you have two Carps, you may cut off one of their Heads an inch below the Gills, and ſlit the Body in two, and put it in your Stew-pan after you have rubbed them with Salt; but before you put them in, your Liquor muſt boil, a quart of Claret, or as much as will cover them, the Blood you ſaved, an Onion ſtuck with Cloves, a bunch of Sweet-herbs, ſome Gravy, three Anchovies. When this Liquor boils up, put in your Fiſh, and cover it cloſe, and let it ſtew up for about a quarter of an hour; then turn it, and let it ſtew a little longer; then put your Carp in a Diſh, and beat up the Sauce with Butter melted in Oyſter liquor, and pour your Sauce over it. Your Milt, Spawn, and Rivets muſt be laid on the top. Garniſh the Diſh with fried Smelts, Oyſters or Spitchcock Eel, Lemon and fried Parſley.

Another way to Stew Carp.

TAKE two Carps, ſcale and rub them well with Salt; then cut them in the Nape of the Neck and round the Tail, to make them bleed. Cut up the Belly, take out the Liver and Guts, and if you pleaſe to cut each Carp in three pieces, they will eat the firmer; then put them in a Stew-pan, with their Blood, a quart of Claret, a bunch of Sweet-herbs, an Onion, one or two Eſchalots, a Nutmeg, a few Cloves, Mace, whole Pepper; cover them cloſe, and let them ſtew till they be half enough; then turn them, and put in half a pound of freſh Butter, four Anchovies, the Liver and Guts, taking out the Gall, and let them ſtew till they are enough; then beat the yolks of five or ſix Eggs, with a little Verjuice, and by degrees mix it with the Liquor the Carp was ſtewed in. Juſt give it a ſcald to thicken it; then put your

Carp

Carp in a Diſh, and pour this over it. Garniſh the Diſh with ſliced Lemon.

To collar Salmon.

TAKE a ſide of Salmon, and cut off about a handful off the Tail; waſh your large piece very well, and dry it with a Cloth; then waſh it over with the yolks of Eggs; then make ſome Forc'd-meat with that you cut off the Tail; but take off the Skin, and put to it a handful of par-boil'd Oyſters, a Tail or two of Lobſter, the yolks of three or four Eggs boiled hard, ſix Anchovies, a good handful of Sweet-herbs chopp'd ſmall, a little Salt, Cloves, Mace, Nutmeg, Pepper, and grated Bread. Work all theſe together into a Body with the yolks of Eggs, and lay it all over the fleſhy part, and a little more Pepper and Salt over the Salmon; ſo roll it up into a Collar, and bind it with broad Tape; then boil it in Water, and Salt, and Vinegar, but let the Liquor boil firſt; then put in your Collars, and a bunch of Sweet-herbs, ſliced Ginger, and Nutmeg; let it boil, but not too faſt; it will ask near two hours boiling, and when 'tis enough take it up; put it in your Souſing-pan, and when the Pickle is cold, put it to your Salmon, and let it ſtand in it till uſed, or otherwiſe you may pot it after it is boiled, and fill it up with clarified Butter, as you pot Fowls; that way will keep longeſt and beſt.

To collar Veniſon.

TAKE a Side of Veniſon, and bone it, and take away all the Sinews, and cut it into ſquare Collars, of what bigneſs you pleaſe: it wil lmake two or three Collars; lard it with fat, clear Bacon, cut your Lards as big as the top of

your Finger, and as long as your little Finger; then ſeaſon your Veniſon with Pepper, Salt, Cloves, Mace, and Nutmeg: Roll up your Collars, and tye them cloſe with coarſe Tape; then put them into deep Pots; put ſeaſoning at the bottom of the Pot, and ſome freſh Butter, and three or four Bay-leaves; then put in your Veniſon, and ſome ſeaſoning and Butter on the top, and over that ſome Beef-ſuet, finely ſhred, and beaten; then cover up your Pot with coarſe Paſte; they will ask four or five hours baking; then take them out of the Oven, and let it ſtand a little; then take out your Veniſon, and let it drain well from the Gravy. Take off all the Fat from the Gravy, and add more Butter to that Fat, and ſet it over a gentle Fire to clarify: then take it off, and let it ſtand a little, and ſcum it well; then make your Pots clean, or have Pots fit for each Collar: put a little ſeaſoning at the bottom, and ſome of your clarified Butter; then put in your Veniſon, and fill up your Pots with clarified Butter; and be ſure your Butter be an inch above the Meat; and when 'tis thorough cold, tye it down with double Paper, and lay a Tile on the top; they will keep ſix or eight Months: You may, if you pleaſe, when you uſe a Pot, put the Pot in boiling Water a minute, and it will come whole out: Let it ſtand till 'tis cold, and ſtick it round with Bay-leaves, and one Sprig on the top.

To pot Neats-Tongues.

TAKE Neats-Tongues, and rub them very well with Salt and Water (Bay Salt is beſt;) then take Pump-water, with a good deal of Salt-petre, and ſome white Salt, and ſome Cloves and Mace, and boil it well, and ſcum it, and when 'tis cold, put your Tongues in, and let them lye in

in it ſix days; then waſh them out of that liquor, and put them in a Pot, and bake them with Bread till they are very tender; and when they are taken out of the Oven, pull off their Skins, and put them in the Pot you intend to keep them in, and cover them over with clarified Butter: They will keep four or five Months.

To collar a Breaſt of Veal.

TAKE a Breaſt of Veal, and bone it, and waſh it, and dry it in a clean Cloth; then ſhred Thyme, Winter-ſavory, and Parſley, very ſmall, and mix it with Salt, Pepper, Cloves, Mace, and Nutmeg; then ſtrew it on the inſide of your Meat, and roll it up hard, beginning at the Neck end; tye it up with Tape, and put it in a Pot fit to boil it in, ſtanding upright: You muſt boil it in Water and Salt, and a bunch of Sweet-herbs; when 'tis boiled enough, take it off the Fire, and put it in an earthen Pot, and when the Liquor is cold pour it over it, or elſe boil Salt and Water ſtrong enough to bear an Egg; and when that is cold, pour it on your Veal: When you ſerve it to the Table, cut it in round ſlices. Garniſh with Laurel or Fennil.

To collar a Pig.

CUT off the Head of your Pig; then cut the body aſunder; bone it, and cut two Collars off each ſide; then lay it in Water to take out the Blood; then take Sage and Parſley, and ſhred them very ſmall, and mix them with Pepper, Salt and Nutmeg, and ſtrew ſome on every ſide, or collar and roll it up, and tye it with coarſe Tape; ſo boil them in fair Water and Salt, till they are very tender: Put two or three Blades of Mace in the Kettle, and when they are enough, take them

up, and lay them in ſomething to cool; ſtrain out ſome of the Liquor, and add to it ſome Vinegar and Salt, a little White-wine, and three or four Bay-leaves; give it a boil up, and when 'tis cold put it to the Collars, and keep them for uſe.

To pot Beef.

TAKE a good Buttock of Beef, and cut out the Bone, and lay it flat, and ſlaſh it in ſeveral places; then ſalt it well, and let it lie in the Salt three days; then take it out, and let it lie in running Water with a handful of Salt three Days longer; then take it out, dry it with a Cloth, and ſeaſon it with Pepper, Salt, Nutmeg, Cloves, Mace, and two ounces of Salt-petre finely beaten; then ſhred two or three pounds of Beef-ſuet, and one pound in Lumps, and three pounds of Butter, put ſome in the bottom of the Pot you bake it in; then put in your Beef and the reſt of the Butter and Suet on the top; cover your Pot over with coarſe Paſte; and ſet it in all Night with Houſhold-bread; in the Morning draw it, and pour off all the Fat into a Pot, and drain out all the Gravy; pull the Meat all to pieces, Fat and Lean, and work it into your Pots that you keep it in while it is hot, or it will not cloſe ſo well; then cover it with the clear Fat you poured off; paper it when 'tis cold, it will keep good a month or ſix Weeks.

To make artificial Veniſon.

BONE a Rump of Beef, or a large Shoulder of Mutton; then beat it with a Rolling-pin; ſeaſon it with Pepper and Nutmeg; then lay it twenty-four hours in Sheeps Blood; then dry it with a Cloth, and ſeaſon it again with Pepper, Salt,

Salt, and Spice: Put your Meat in the form of a Paſty, and bake it as a Veniſon-Paſty, and make a Gravy with the Bones, to put in when 'tis drawn out of the Oven.

To recover Veniſon when it ſtinks.

TAKE as much cold Water in a Tub as will cover it a handful over, and put in good ſtore of Salt, and let it lye three or four hours; then take your Veniſon out, and let it lye in as much hot Water and Salt, and let it lye as long as before; then have your Cruſt in readineſs, and take it out, and dry it very well, and ſeaſon it with Pepper and Salt pretty high, and put it in your Paſty. Do not uſe the Bones of your Veniſon for Gravy, but get freſh Beef or other Bones.

How to force a Fowl.

TAKE a good Fowl, kill, pull and draw it; then ſlit the Skin down the Back, and take off the Fleſh from the Bones, and mince it very ſmall, and mix it with one pound of Beef-ſuet ſhred, and a pint of large Oyſters chopt, two Anchovies, an Eſchalot, a little grated Bread, ſome Sweet-herbs; ſhred all theſe very well, and mix them, and make it up with yolks of Eggs; ſo put all theſe Ingredients on the Bones again, and draw the Skin over again; ſew up the Back, and put the Fowl in a Bladder; ſo boil it an hour and a quarter; then ſtew ſome more Oyſters in Gravy, and bruiſe in a little of your Forc'd-meat, and beat it up with freſh Butter; put the Fowl in the middle; pour on the Sauce, and garniſh with ſliced Lemon.

To

To marinade a Leg of Lamb.

TAKE a Leg of Lamb, cut it in pieces the bigneſs of a Half-crown; hack them with the back of a Knife; then take an Eſchalot, three or four Anchovies, ſome Cloves, Mace, Nutmeg, all beaten; put your Meat in a Diſh, and ſtrew the Seaſoning over it, and put it in a Stew-pan with as much White-wine as will cover it, and let it lye two hours; then put it all together in a Frying-pan, and let it be half enough; then take it out and drain it through a Colendar, ſaving the Liquor, and put to your Liquor a little Pepper and Salt, and half a pint of Gravy; dip your Meat in yolks of Eggs, and fry it brown in Butter; thicken up your Sauce with yolks of Eggs and Butter, and pour it in the Diſh with your Meat: Lay Sweet-breads and Forc'd-meat Balls over your Meat; dip them in Eggs, and fry them. Garniſh with Lemon.

To force a Leg of Veal, Mutton, or Lamb.

TAKE out all the Meat, and leave the Skin whole; then take the Lean of it and make it into Forc'd-meat thus: To two pounds of your lean Meat, three pounds of Beef-ſuet; take away all Skins from the Meat and Suet; then ſhred both very fine, and beat it with a Rolling-pin, till you know not the Meat from the Suet; then mix with it four ſpoonfuls of grated Bread, half an ounce of Cloves and Mace beaten, as much Pepper, ſome Salt, a few Sweet-herbs ſhred ſmall; mix all theſe together with ſix raw Eggs, and put it into the Skin again, and ſew it up. If you roaſt it, ſerve it with Anchovy Sauce; if you boil it, lay Colli-

flower

flower or *French* Beans under it. Garniſh with Pickles, or ſtew Oyſters and put under it, with Forc'd-meat Balls, or Sauſages fried in Butter.

To ragoo a Breaſt of Veal.

LARD your Breaſt of Veal with Bacon; then half boil it in ſome Water and Salt, whole Pepper, and a bunch of Sweet-herbs; then take it out, and duſt it with ſome grated Bread, Sweet-herbs ſhred ſmall, and grated Nutmeg and Salt, all mixed together; then broil it on both ſides, and make a Sauce of Anchovies and Gravy thickned up with Butter. Garniſh with Pickles.

To fry Oyſters.

BEAT Eggs, with a little Salt, grated Nutmeg, and thicken it like thick Batter, with grated white Bread and fine Flour; then dip the Oyſters in it, and fry them brown with Beef-dripping.

Sance for a Woodcock.

TAKE a very little Claret, ſome good Gravy, a blade of Mace, ſome whole Pepper and Eſchalot; let theſe ſtew a little, then thicken it up with Butter; roaſt the Guts in the Woodcock, and let them run on Sippets or a Toaſt of white Bread, and lay it under your Woodcock, and pour the Sauce in the Diſh.

To fry Cucumbers for Mutton Sauce.

YOU muſt brown ſome Butter in a Pan, and cut the Cucumbers in thick ſlices; drain them from the Water, then fling them into the Pan, and when they are fried brown, put in a little Pepper and

and Salt, a bit of an Onion and Gravy, and let them ſtew together, and ſqueeze in ſome juice of Lemon; ſhake them well, and put them under your Mutton.

To haſh roaſted Mutton.

TAKE your Mutton half roaſted, and cut it in pieces as big as a Half-crown; then put into your Sauce-pan half a pint of Claret, as much ſtrong Broth or Gravy (or Water, if you have not the other) one Anchovy, an Eſchalot, a little whole Pepper, ſome Nutmeg ſliced, Salt to your taſte; ſome Oyſter-liquor, a pint of Oyſters: Let theſe ſtew a little; then put in the Meat and a few Capers and Samphire ſhred; when 'tis hot thro', thicken it up with a piece of freſh Butter rolled in Flour. Dry Sippets and lay in your diſh, and pour your Meat on them. Garniſh with Lemon.

To make a ſavory Diſh of Veal.

CUT large Collops out of a Leg of Veal; ſpread them abroad on a Dreſſer; hack them with the back of a Knife, and dip them in the yolks of Eggs, and ſeaſon them with Cloves, Mace, Nutmeg, Salt, Pepper; then make Forc'd-meat with ſome of your Veal, and Beef-ſuet, and Oyſters chopt, Sweet-herbs ſhred fine, and the aforeſaid Spice, and ſtrew all theſe over your Collops; roll and tye them up, and put them on Skewers, and tye them to a Spit, and roaſt them; and to the reſt of your Forc'd meat add the yolk of an Egg or two, and make it up in Balls, and fry them, and put them in the Diſh with your Meat when roaſted, and make the Sauce with ſtrong Broth, an Anchovy, and an Eſchalot, and a little White-wine,

and

and Spice; let it ſtew, and thicken it up with Butter.

To dreſs a Neck of Mutton.

TAKE the beſt End of a Neck of Mutton, and cut it into Stakes, and beat them with a Rolling-Pin; then ſtrew ſome Salt on them, and lay them in a Frying-Pan, and hold the Pan over a ſoft Fire, that may not burn them; turn them as they heat, and there will be Gravy enough to fry them in till they are half enough; then put to them Broth made thus: Take the Scrag-End of the Mutton, break it in pieces, and put it in a Pipkin with three Pints of Water, an Onion, ſome Salt, and when it firſt boils, ſcum it very well and cover it, and let it boil an Hour; then put to it half a Pint of White-Wine, a Spoonful of Vinegar, a Nutmeg quarter'd, a little Pepper, a Bunch of Sweet-Herbs; ſo cover it again, and let it boil till it comes to a Pint; then ſtrain it through a Hair-Cieve, and put this Liquor in the Frying-Pan, and let it fry together till it is enough; then put in a good Piece of Butter, ſhake it together, and ſerve it up; garniſh with Pickles.

To pot a Swan.

BONE and skin your Swan, and beat the Fleſh in a Mortar, taking out the Strings as you beat it; then take ſome clear fat Bacon, and beat with the Swan, and when 'tis of a light fleſh Colour, there is Bacon enough in it; and when 'tis beaten till 'tis like Dough, 'tis enough; then ſeaſon it with Pepper, Salt, Cloves, Mace, and Nutmeg, all beaten fine; mix it well with your Fleſh, and give it a Beat or two all together; then put it in an Earthen-Pot with a little Claret and fair Water,

Water, and at the top two pounds of freſh Butter ſpread over it; cover it with coarſe Paſte, and bake it with Bread; then turn it out into a Diſh, and ſqueeze it gently, to get out the moiſture; then put it in a Pot fit for it; and when 'tis cold, cover it over with clarified Butter; the next day paper it up. In this manner you may do Gooſe, Duck, or Beef, or Hare's-fleſh.

To dreſs a Hare.

FLEA your Hare, and lard it with Bacon; take the Liver, give it one boil; then bruiſe it ſmall, and mix with it ſome Marrow, or a quarter of a pound of Beef-ſuet ſhred very fine, two Anchovies chopt ſmall, ſome Sweet-herbs ſhred very ſmall, ſome grated Bread, a Nutmeg grated, ſome Salt, a little bit of Eſchalot cut fine; mix theſe together with the yolks of two or three Eggs; then work it up in a good piece of Butter; flour it, and when your Hare is ſpitted, lay this Pudding in the Belly, and ſew it up, and lay it to the fire; put a diſh under to receive what comes from the Hare; baſte it well with Butter, and when 'tis enough, put in the diſh with it, a Sauce made with ſtrong Broth, the Gravy of your Hare, the Fat being taken off, ſome Claret; boil theſe up, and thicken it with Butter. When the Hare is cut up, mix ſome of the Pudding with your Sauce. Garniſh the Diſh with ſliced Lemon.

Some, inſtead of a Pudding in the Belly, roaſt a piece of Bacon and ſome Thyme; and for Sauce have melted Butter and Thyme mixed with what comes from the Hare.

To make Weſtphalia *Bacon.*

MAKE a Pickle as followeth: Take a gallon of Pump-water, a quarter of a peck of Bay-ſalt, as much White-ſalt, a pound of Petre-ſalt, and a quarter of a pound of Salt-petre, a pound of coarſe Sugar, and an ounce of Socho tied up in a Rag: boil all theſe together very well, and let it ſtand till 'tis cold; then put in the Pork, and let it lye in this Pickle a fortnight; then take it out and dry it over Saw-duſt. This Pickle will do Tongues, but you muſt firſt let the Tongues lye ſix or eight hours in Pump-water to take out the ſlimineſs; and when they have lain in the Pickle, dry them as your Pork.

To ſalt and dry a Ham of Bacon.

TAKE *Engliſh* Bay-ſalt, and put it in a Veſſel of Water ſuitable to the quantity of Hams you do; make your Pickle ſtrong enough to bear an Egg with your Bay-ſalt; then boil and ſcum it very well; then let the Pickle be thoroughly cold, and put into it ſo much Red-ſaunders, as will make it of the colour of Claret; then let your Pickle ſtand three days before you put your Hams into it. The Hams muſt lie in the Pickle three Weeks; then carefully dry them where Wood is burnt.

To dry Tongues.

TAKE to every two ounces of Salt-petre a pint of Petre-ſalt, and rub it well, after it is finely beaten, over your Tongue, and then beat a pint of Bay-ſalt, and rub that on over it, and every three days turn it; and when it has lain nine or ten days, hang

hang it in Wood-Smoke to dry. Do a Hog's-Head this way. For a Ham of Pork or Mutton have a Quart of Bay-Salt, half a Pound of Petre-Salt, a quarter of a Pound of Salt-Petre, a quarter of a Pound of brown Sugar, all beaten very fine, mix'd together, and rubbed well over it: Let it lie a Fortnight; turn it often, and then hang it up a Day to drain, and dry it in Wood-Smoke.

To make Dutch-Beef.

TAKE the lean Part of a Buttock of Beef raw; rub it well with brown Sugar all over, and let it lie in a Pan or Tray two or three Hours, turning it three or four Times; then ſalt it well with common Salt and Salt-Petre, and let it lie a Fortnight, turning it every Day; then roll it very ſtrait in a coarſe Cloth, and put it in a Cheeſe-Preſs a Day and a Night, and hang it to dry in a Chimney. When you boil it, you muſt put it in a Cloth: When 'tis cold, it will cut in Shivers as Dutch-Beef.

To dry Mutton to cut in Shivers as Dutch-Beef.

TAKE a middling Leg of Mutton; then take half a Pound of brown Sugar, and rub it hard all over your Mutton, and let it lie twenty four Hours; then take an Ounce and half of Salt-Petre, and mix it with a Pound of common Salt, and rub that all over the Mutton every other Day, till 'tis all on, and let it lie nine Days longer, keep the Place free from Brine, then hang it up to dry three Days; then ſmoak it in a Chimney where Wood is burnt, the Fire muſt not be too hot, a Fortnight will dry it: Boil it like other Hams, and

and when 'tis cold, cut it out in Shivers like Dutch-Beef.

To dry a Leg of Mutton like Pork.

TAKE a large Leg of Mutton, and beat it down flattish with a Cleaver, to make it like *Westphalia* Ham; then take six Penny-worth of Salt-petre, and beat it fine, and rub it all over your Mutton, and let it lie all Night; then make a Pickle with Bay-salt and Pump-water, strong enough to bear an Egg, and put your Mutton into it, and let it lie ten Days; then take it out, and hang it in a Chimney where Wood is burnt, till 'tis thorough dry, which will be about three Weeks. Boil it with Hay, till 'tis very tender; do it in cool Weather, or it will not keep well.

To salt Bacon.

CUT your Flitches of Bacon very smooth, make no holes in it: To about threescore pounds of Bacon, ten pounds of Salt; dry your Salt very well, and make it hot, then rub it hard over the Outside, or skinny part, but on the Inside lay it all over, without rubbing, only lightly on, about half an Inch thick. Let it lie on a flat Board, that the Brine may run from it, nine Days; then mix with a quart of hot Salt four penny-worth of Salt-petre, and strew it all over your Bacon; then heat the rest of your Salt, and put over it, and let it lie nine Days longer; then hang it up a Day, and put it in a Chimney where Wood is burnt, and there let it hang three Weeks or more, as you see occasion.

To pot Salmon.

SCALE and chine your Salmon down the Back, and dry it well, and cut it as near the shape of your Pot as you can; two Nutmegs, near an ounce of Cloves and Mace, half an ounce of white Pepper, about an ounce of Salt; take out all the Bones, and cut off the Joll below the Fins; cut off the Tail; season the scaly side first, and lay that at the bottom of the Pot; then rub the Seasoning on the other side; cover it with a Dish, and let it stand all Night; it must be but double, and the scaly side top and bottom; put Butter on the bottom and top; cover the Pot with some stiff coarse Paste; three Hours, if 'tis a large Fish, if not, two Hours will bake it. When it comes out of the Oven, let it stand half an Hour; then uncover it, and raise it up at one end, that the Gravy may run out; then put a Trencher and a Weight on it, to press out the Gravy; melt the Butter that came from it, but let no Gravy be in it; let the Butter boil up, and add more Butter to it, if there be occasion. Scum it, and fill the Pot with the clear Butter; when 'tis cold, paper it up.

To stew Pigeons.

SEASON your Pigeons with Pepper, Salt, Cloves and Mace, and some Sweet-herbs; wrap this Seasoning up in a bit of Butter, and put it in their Bellies; then tie up the Neck and Vent, and half roast them; then put them in a Stew-pan, with a quart of good Gravy, a little White-wine, some pickled Mushrooms, a few Pepper-corns, three or four Blades of Mace, a bit of Lemon-peel, a bunch of Sweet-herbs, a bit of Onion, some Oister-pickle: Let them stew till they are enough; then

then thicken it up with Butter and Yolks of Eggs. Garniſh with Lemon. Do Ducks the ſame way. You may put Forc'd-meat in their Bellies, or ſhred Thyme wrapp'd up in Butter. Put Forc'd-meat Balls in both.

To Fricaſy a Pig.

HALF roaſt your Pig; then take it up, and take off the Coat, and pull the Meat in flakes from the Bones, and put it in a Stew-pan, with ſome ſtrong Broth, ſome White-wine, a little Vinegar, an Onion ſtuck with Cloves, ſome Mace, a bunch of Sweet-herbs, and ſome Salt, and Lemon-peel; when 'tis almoſt done, take out the Onion, Herbs and Lemon-peel, and put in ſome Muſhrooms, and thicken it with Cream and Eggs. The Head muſt be roaſted whole, and ſet in the middle, and the Fricaſy round it. Garniſh with Lemon.

To ſtew Cod.

CUT your Cod in thin ſlices, and lay them one by one in the bottom of a Diſh; put in a pint of White-wine, half a pound of Butter, ſome Oyſters, and their Liquor, two or three blades of Mace, a few crums of Bread, ſome Pepper and Salt, and let it ſtew till 'tis enough. Garniſh the Diſh with Lemon.

To make Skuetts.

TAKE fine, long, and ſlender Skewers; then cut Veal Sweet-breads into pieces, like Dice, and ſome fine Bacon into thin ſquare bits; ſo ſeaſon them with Forc'd-meat, and then ſpit them on the Skewers, a bit of Sweet-bread, and a bit of

Bacon, till all is on; roaſt them, and lay them round a Fricaſy of Sheep's-Tongues.

To pot Hare.

TAKE three pounds of the pure Fleſh of Hare, and a pound and half of the clear Fat of Pork or Bacon, and beat them in a Mortar, till you cannot diſtinguiſh each from the other; then ſeaſon it with Pepper, Salt, a large Nutmeg, a large handful of Sweet-herbs, as Sweet-marjoram, Thyme, and a double quantity of Parſley, ſhred all very fine, and mix it with the Seaſoning, and beat it all together, till all is very well mingled; then put it into a Pot, and lay it lower in the middle than the ſides, and paſte it up; two hours will bake it: When it comes out of the Oven, have clarified Butter ready; fill the Pot an inch above the Meat while 'tis hot; when 'tis cold, paper it up, ſo keep it, which you may do three or four Months before 'tis cut; the Fat of Pork is much better than the Fat of Bacon.

To make a Bisk of Pigeons.

TAKE twelve Pigeons, fill the Bellies with Forc'd-meat, and half roaſt them, or half boil them in ſtrong Broth; then have ſlices of French Bread toaſted hard, and ſtew'd in ſtrong Broth, and have in readineſs ſome Lamb-ſtones, and Sweet-breads, and Palates, they being firſt boil'd tender; then ſtew them with your Pigeons in your ſtrong Broth; add Balls of Forc'd-meat firſt ſtew'd or fry'd; lay your Pigeons in a Diſh; lay on them thin ſlices of grill'd Bacon, and your other Ingredients, and pour in your ſtrong Broth, and garniſh with Lemon. You may leave out the Sweet-breads, and Palates, and Lamb-ſtones, and put

put in ſcalded Herbs, as for a Soop, and Turnips half boil'd, and cut like Dice, and fry'd brown, and ſo ſerve it like a Soop, and but ſix Pigeons.

To do Pigeons in Jelly.

TAKE a Knuckle of Veal, and a good piece of Iſinglaſs, and make a ſtrong Jelly; ſeaſon it with Mace, white Pepper, Salt, Bay-Leaves, Lemon-peel: Then truſs your Pigeons as for boiling, and boil them in the Jelly; when they are enough, ſet them to cool, and when they are cold, put them in the Diſh you ſerve them in; then add the Juice of a Lemon to your Jelly, and clarify it with Whites of Eggs, and run it through a Jelly-bag into a Pan, and keep it till 'tis cold: With a Spoon lay it in Heaps, on and between your Pigeons. Garniſh with ſliced Lemon and Bay-Leaves.

To make a Poloe.

TAKE a pint of Rice, boil it in as much Water as will cover it; when your Rice is half boiled, put in your Fowl, with a ſmall Onion, a blade or two of Mace, ſome whole Pepper, and ſome Salt; when 'tis enough, put the Fowl in the Diſh, and pour the Rice over it.

To ſtew Cucumbers.

PARE twelve Cucumbers, and ſlice them as for eating, and put them to drain, and then lay them in a coarſe Cloth till they are dry; flour them, and fry them brown in Butter; then put to them ſome Gravy, a little Claret, ſome Pepper, Cloves and Mace, and let them ſtew a little; then

roll a bit of Butter in Flour, and toſs them up; put them under Mutton or Lamb roaſted.

To pot Gooſe and Turkey.

TAKE a fat Gooſe, and a fat Turkey; cut them down the Rump, and take out all the Bones; lay them flat, open and ſeaſon them very well with white Pepper, Nutmeg and Salt, allowing three Nutmegs, with the like proportion of Pepper, and as much Salt as both the Spices; when you have ſeaſon'd them all over, let your Turkey be within the Gooſe, and keep them in Seaſon two Nights and a Day; then roll them up as Collar'd-beef, very tight, and as ſhort as you can, and bind it very faſt with ſtrong Tape. Bake it in a long Pot, with good ſtore of Butter, till 'tis very tender, as you may feel by the End; let it lie in the hot Liquor an Hour, then take it out, and let it ſtand till next Day; then unbind it, and place it in your Pot, and melt Butter, and pour over it. Keep it for uſe, and ſlice it out thin.

To make a Fricaſy of Eggs.

BOIL your Eggs hard, and take out a good many of the Yolks whole, then cut the reſt in quarters, Yolks and Whites together. Set on ſome Gravey, with a little ſhred Thyme and Parſley in it, give it a boil or two; then put in your Eggs, with a little grated Nutmeg; ſhake it up with a bit of Butter, till it be as thick as another Fricaſy; then fry Artichoke Bottoms in thin ſlices, and ſerve it up. Garniſh with Eggs ſhred ſmall.

Another

Another Fricaſy of Eggs.

BOIL ſix Eggs hard; ſlice them in round ſlices; then ſtew ſome Morells in White-wine, with an Eſchalot, two Anchovies, a little Thyme, and a few Oyſters or Cockles, and Salt to your Taſte; when they have ſtew'd well together, put in your Eggs, and a bit of Butter; toſs them together till 'tis thick, and then ſerve it up.

To make Forc'd-Meat.

TAKE a piece of a Leg of Veal, the lean part, and ſome lean Bacon; mince them very fine, and add a double quantity of Suet; put it all in a Marble Mortar; beat it well, ſprinkle it with a little Water in the beating; ſeaſon it with Pepper, Salt, and a little Cloves and Mace, to your Taſte; ſhred Spinage very fine, if you would have it look green, or elſe without; make it up as you uſe it, with an Egg or two, and roll it in long or round Balls.

To keep Smelts in Jelly.

TAKE Smelts alive, if you can get them; chuſe out the firmeſt without Spawn; ſet them a boiling in a gallon of Water, a pint of Wine Vinegar, two handfuls of Salt, and a bunch of Sweet-herbs and Lemon-peel; let them boil three or four Walms, and take them up before they break. The Jelly make thus: Take a quart of the Liquor, and a quart of Vinegar, and a quart of White-wine, one ounce of Iſinglaſs, ſome Cloves, Mace, ſliced Ginger, whole Pepper, Salt; boil theſe over a gentle Fire, till a third Part be conſumed, and the Iſinglaſs be melted; then ſet it

by till almost cold: Lay your Smelts in a China Plate, one by one; then pour it on your Smelts; set it in a cool Place, it will jelly by next Day.

To stew a Turkey.

TAKE a fine young Turkey, kill'd, pull'd, and drawn; fill the Skin on the Breast with Forc'd-meat, and lard it on the sides with Bacon: Put into the Belly half an Eschalot, and two Anchovies, and a little Thyme shred small; brown it in a Pan, with a little Butter; when 'tis very brown, put it in a Stew-pan, with strong Gravey, some White-wine, or Claret, two or three Anchovies, some Mace, Sweet-herbs, a little Pepper, and let it stew still 'tis thoroughly enough; then thicken the Liquor with Butter and Eggs; fry some French Loaves dipp'd in Cream, after the Top and the Crum is taken out; then fill them with stew'd Oysters, or Shrimps, or Cockles, and with them garnish the Dish, or with sliced Lemon. A Hen, Goose, or Duck, does well this way.

To bake a Rump of Beef.

BONE a Rump of Beef, beat it very well with a Rolling-pin; cut off the Sinew, and lard it with large pieces of Bacon; roll your Lards in Seasoning, which is Pepper, Salt, and Cloves. Lard athwart the Meat, that it may cut handsomly; then season it all over the Meat with Pepper and Salt pretty thick; then tie it with Packthred cross and cross, and put the top under the bottom, and tie it up tight, and put it in an earthen Pot; break all the Bones, and put in the sides and over, to keep it fast that it cannot stir; then put in half a pound of Butter, and some Bay-Leaves, and whole Pepper, an Eschalot or two, and some Sweet-

Sweet-herbs; cover the top of the Pot with coarſe Paſte; put it in the Oven, and let it ſtand eight hours. Serve it up with its own Liquor, and ſome dry'd Sippets.

To make Veal Cutlets.

CUT your Veal Steaks thin; hack them, and ſeaſon them with Pepper and Salt, and Sweet-herbs; waſh them over with Egg, and ſtrew over them ſome Forc'd-meat; put two Steaks together, and lard them with Bacon; waſh them over with melted Butter, and wrap them in white Papers butter'd. Roaſt them on a Lark-Spit, or bake them; when they are enough, unpaper them, and ſerve them with good Gravy and ſliced Lemon.

To dreſs a Calf's-Head.

SCALD the Hair off, and take out the Bones; then have in readineſs Palates boiled tender, yolks of hard Eggs, Oyſters ſcalded, and Forc'd-meat; ſtuff all this into your Head, and ſew it up cloſe in a Cloth; boil it three hours; make a ſtrong Gravy for Sauce, and garniſh with fry'd Bacon.

To make a Pulpatoon of Pigeons.

TAKE Muſhrooms, Palates, Oyſters, Sweet-breads, and fry them in Butter; then put all theſe into a ſtrong Gravy; give them a heat over the Fire, and thicken up with an Egg and a bit of Butter: Then half roaſt ſix or eight Pigeons, and lay them in a Cruſt of Forc'd-meat as follows: Scrape a pound of Veal, and two pounds of Marrow, and beat it together in a Stone Mortar, after 'tis ſhred very fine; then ſeaſon it with Salt,

Pepper,

Pepper, Spice, and put in hard Eggs, Anchovies and Oyſters; beat all together, and make the lid and ſides of your Pye of it; firſt lay a thin Cruſt into your Pattipan; then put on your Forc'd-meat; then lay an exceeding thin Cruſt over them; then put in your Pigeons and other Ingredients, with a little Butter on the top. Bake it two hours.

To pot Muſhrooms.

TAKE of the beſt Muſhrooms, and rub them with a woollen Cloth; thoſe that will not rub, peel and take out the Gills, and throw them into Water as you do them: when they are all done, wipe them dry, and put them in a Sauce-pan, with a handful of Salt and a piece of Butter, and ſtew them till they are enough, ſhaking them often for fear of burning: then drain them from their Liquor, and when they are cold, wipe them dry, and lay them in a Pot, one by one, as cloſe as you can, till your Pot be full; then clarify Butter; let it ſtand till it is almoſt cold, and pour it into your Muſhrooms. When cold, cover them cloſe in your Pot. When you uſe them, wipe them clean from the Butter, and ſtew them in Gravy thicken'd, as when freſh.

To bake Herrings.

TAKE thirty Herrings, ſcale them, cut off their Heads, and pull out their Roes, and waſh them very clean, and lay them to drain four or five hours, and roll them in a dry Cloth; ſeaſon them with Pepper and Salt, and lay them in a long Veniſon Pot at full length: when you have laid one row, ſhred a large Onion very ſmall, and mix with it a little Cloves, Mace and Ginger cut ſmall,

and

and ſtrew it all over the Herrings; and then another row of Herrings and Seaſoning, and ſo do till all is in the Pot; let it ſtand ſeaſon'd an hour before 'tis put in the Oven; then put in a quart of Claret, and tye it over with Paper, and bake it wtih Houſhold-bread.

To make a Soop.

TAKE twelve pounds of Beef, a Scrag of Mutton, and Knuckle of Veal: it muſt be Neck-Beef, and the Sticking-piece: put your Beef in a Sauce-pan, and half fry it with a bit of Butter: then put all in a Pot, with nine quarts of Water, a good handful of Salt, a piece of Bacon: boil and ſcum it; then ſeaſon it; three Onions ſtuck with Cloves, whole Pepper, Jamaica-Pepper, and a bunch of Sweet-herbs: Let it boil five or ſix hours, cloſe cover'd; then ſtrain it out, and put it in your Diſh, with ſtew'd Herbs and toaſted Bread.

To make Muſhroom Liquor and Powder.

TAKE a peck of Muſhrooms, waſh and rub them clean with a piece of Flanel, cutting out all the Gills, but not peeling off the Skins; put to them ſixteen Blades of Mace, four Cloves, ſix Bay-leaves, twice as much beaten Pepper as will lye on Half-a-Crown, a handful of Salt, a dozen Onions, a piece of Butter as big as an Egg, and half a pint of Vinegar; ſtew them up as faſt as you can, keeping them ſtirring till the Liquor is out of your Muſhrooms; drain them through a Colander; ſave the Liquor and Spice, and when cold, bottle it for uſe: Dry the Muſhrooms firſt on a broad Pan in the Oven; afterwards put them on Sieves, till they are dry enough to pound to Powder.

Powder. This Quantity uſually makes about half a pound.

To make green Peas Soop.

TAKE half a buſhel of the youngeſt Peas, divide the great from the ſmall; boil the ſmalleſt in two quarts of Water, and the biggeſt in one quart: when they are well boiled, bruiſe the biggeſt, and when the thin is drained from it, boil the thick in as much cold Water as will cover it; then rub away the Skins, and take a little Spinage, Mint, Sorrel, Lettice and Parſley, and a good quantity of Marigolds; waſh, ſhred and boil theſe in half a pound of Butter, and drain the ſmall Peas; ſave the Water, and mingle all together, and a ſpoonful of Pepper whole; then melt a quarter of a pound of Butter, and ſhake a little Flour into it, and let it boil; put the Liquor to the Butter, and mingle all well together, and let them boil up; ſo ſerve it with dry'd Bread.

To make Aſparagus Soop.

TAKE twelve pounds of lean Beef, cut in ſlices; then put a quarter of a pound of Butter into a Stew-pan over the Fire, and put your Beef in; let it boil up quick till it begins to brown; then put in a pint of brown Ale, and a gallon of Water, and cover it cloſe, and let it ſtew gently for an hour and half; put in what Spice you like in the ſtewing, and ſtrain out the Liquor, and ſcum off all the Fat; then put in ſome Vermacelly, and ſome Sallery waſh'd and cut ſmall, half a hundred of Aſparagus cut ſmall, and Palates boiled tender and cut: put all theſe in, and let them boil gently till tender. Juſt as 'tis going up, fry a handful

ful of Spinage in Butter, and throw in a *French* Roll.

To make Scotch-Collops.

CUT thin ſlices off a Fillet of Veal, and hack them; then take the yolks of four Eggs; beat a little melted Butter, a little Salt, and ſome Nutmeg, or Lemon-peel grated in it; then dip in each Collop, and lay them in a Pewter Diſh, and flour them, and let them lye till you want them. Put a bit of Butter in the Frying-pan, and your Collops, and fry them quick, ſhaking them all the while to keep the Butter from oiling; then pour it into a Stew-pan covered cloſe, and keep it warm; then put to them ſome good Gravy, ſome Muſh-rooms, or what elſe you like, a bit of Butter, and toſs it up thick, and ſqueeze an Orange over it.

A brown Fricaſy.

TAKE Lamb or Rabbet cut in ſmall pieces; grate on it a little Nutmeg, or Lemon-Peel; fry it quick and brown with Butter; then have ſome ſtrong Broth, in which put your Morels and Muſhrooms, a few Coxcombs boil'd tender, and Artichoke-Bottoms; a little Walnut-liquor, and a Bay-leaf; then roll a bit of Butter in Flour, ſhake it well, and ſerve it up. You may ſqueeze an Orange or Lemon over it.

To make Hams of Pork like Weſtphalia.

TO two large Hams, or three ſmall ones, take three pounds of common Salt, and two pounds and half of brown coarſe Sugar; mix both toge-ther, and rub it well into the Hams, and let them lye ſeven days, turning them every day, and rub

the Salt in them, when you turn them; then take four ounces of Salt-petre beat ſmall, and mix with two handfuls of common Salt, and rub that well in your Hams, and let them lye a fortnight longer: Then hang them up high in a Chimney to ſmoke.

To make a Pickle for Tongues.

MAKE your Pickle with Bay-ſalt, ſome Salt-petre, and coarſe Sugar, and Spring-water; make it ſtrong, boil and ſcum it, and when 'tis cold, put in your Tongues; turn them often; let them lye three Weeks, then dry them.

Very fine Sauſages.

TAKE a Leg of Pork, or Veal; pick it clean from Skin or Fat, and to every pound of lean Meat put two pounds of Beef-ſuet, pick'd from the Skins; ſhred the Meat and Suet ſeverally very fine; then mix them well together, and add a large handful of green Sage ſhred very ſmall; ſeaſon it with grated Nutmeg, Salt and Pepper; mix it well, and preſs it down hard in an earthen Pot, and keep it for uſe. When you uſe them, roll them up with as much Egg as will make them roll ſmooth, but uſe no Flour: in rolling them up, make them the length of your Finger, and as thick as two Fingers: fry them in clarified Suet, which muſt be boiling hot before you put them in. Keep them rolling about in the Pan; when they are fry'd through, they are enough.

To ſtew Pigeons with Aſparagus.

DRAW your Pigeons, and wrap up a little ſhred Parſley, with a very few Blades of Thyme,

Thyme, some Salt and Pepper in a piece of Butter; put some in the Belly, and some in the Neck, and tie up the Vent and the Neck, and half roast them; then have some strong Broth and Gravy, put them together in a Stew-pan; stew the Pigeons till they are full enough; then have tops of Asparagus boil'd tender, and put them in, and let them have a walm or two in the Gravy, and dish it up.

A Pickle for either Tongues or Hams.

TAKE what quantity of Water you please, and with Bay-salt and Common-salt make it strong enough to bear an Egg; then to every gallon of this Pickle add half a pound of Petre-salt, a pound of coarse Sugar, and two or three ounces of Salt-petre beat fine; boil it and scum it, and when 'tis thorough cold, put in your Hams or Tongues; turn them often; the Hams may lie in the Pickle about a Month, the Tongues three Weeks; then hang them up to dry.

To stew Pigeons.

STUFF your Pigeons with Sweet-herbs, chopp'd small, some Bacon minced small, grated Bread, Spice, Butter, and Yolk of Egg; sew them up top and bottom, and stew them in strong Broth, with half a pint of White-wine to six Pigeons, and as much Broth as will cover them well, with Nutmeg, whole Pepper, Mace, Salt, a little bundle of Sweet-herbs, and a bit of Lemon-peel, and an Onion; when they are almost done, put in some Artichoke-bottoms, ready boiled, and fry'd in brown Butter, or Asparagus Tops ready boiled; thicken up the Liquor with the Stuffing out of the Pigeons, and a bit of Butter rolled in Flour:

Take

Take out the Lemon-peel, bunch of Herbs and Onion. Garniſh the Diſh with ſliced Lemon, and very thin bits of Bacon toaſted before the Fire.

To Pickle Hams or Ribs of Beef.

TAKE ſix gallons of your bloody Beef-brine, or from Pork, and put to it two pounds of brown Sugar, and a pound of Salt-petre, boil them together, and ſcum it well, and when 'tis cold, put it into the Thing you deſign to pickle in, and put in your Hams; large ones muſt lie in the Pickle three Weeks, ſmall ones but a Fortnight, ſometimes turning them; the Pickle muſt be ſtrong enough to bear an Egg. This way is only for great Families, that kill or uſe a great deal of Beef.

To make green Peas Soop.

MAKE ſtrong Broth of a Leg of Beef, a Knuckle or Scrag-End of Veal, and Scrag of Mutton, clear it off; then chop ſome Cabbage-Lettice, Spinage, and a little Sorrel, and put half a pound of Butter in a flat Sauce-pan, dredge in ſome Flower, put it over the Fire until 'tis brown; then put in your Herbs, and toſs them up a little over the Fire; then put in a pint and half of green Peas half boiled before, and then put in your ſtrong Broth, and let it juſt ſimmer over the Fire half an Hour; then cut ſome French Bread very thin; dry it well before the Fire, and put that in, and let it ſtew half an Hour longer; ſeaſon your Broth with Pepper, Salt, and a few Cloves and Mace. Garniſh the Diſh with Spinage ſcalded green, and ſome very thin bits of Bacon toaſted before the Fire.

Strong

Strong Broth.

TAKE twelve quarts of Water, two Knuckles of Veal, a Leg, or two Shins of Beef, two pair of Calf's Feet, a Chicken, a Rabbet, two Onions, Cloves, Mace, Pepper, Salt, a bunch of Sweet-herbs; cover it cloſe, and let it boil till ſix quarts are conſumed: Strain it out, and keep it for uſe.

To make Crawfiſh Soop.

TAKE a gallon of Water, and ſet it a boiling; put in it a bunch of Sweet-herbs, three or four Blades of Mace, an Onion ſtuck with Cloves, Pepper, and Salt; then have about two hundred of Crawfiſh, ſave out about twenty; then pick the reſt from their Shells; ſave the Tails whole, the Bodies and Shells beat in a Mortar, with a pint of Peas green or dry, that have been boiled tender; put your boiling Water to it, and ſtrain it boiling hot through a Cloth, till you have got all the Goodneſs out, and ſome good Gravy; then ſlice French Bread very thin, and ſet it to dry very hard: Set your Soop over a Stew in a Diſh, and the French Bread in it; cover it, and let it ſtew till 'tis ſerved up; then brown a piece of Butter in a broad Sauce-pan, and put into it your Tails, and a Ladleful of Broth, and an Onion: Cover that, and ſet it over a Stew, and when you are ready to uſe it, take out the Onion, and put all together in the Diſh you ſerve it in, with a whole French Roll toaſted, and put in the middle of the Diſh, and the twenty Crawfiſh you ſaved out, fry'd and laid round the Diſh to garniſh it.

If you have a Carp, ſcale and flea it, and take the Fiſh from the Bones, and mince the Fiſh ſmall, with a very little bit of Eſchalot, an Anchovy,

ſome Parſley and Thyme, ſome Spice, Salt, a little grated Bread, and the Yolks of two Eggs; make it up, and ſew it in the Skin of the Carp; then boil it, but not long, and put it in the middle of your Soop inſtead of your French Roll.

To ſtew a Neck of Veal.

CUT your Neck of Veal in Steaks; beat them flat, and ſeaſon them with Salt, grated Nutmeg, Thyme, and Lemon-peel, ſhred very fine; and when you put it into your Pan, put to it ſome thick Cream, according to the quantity you do, and let it ſtew ſoftly till enough; then put into your Pan two or three Anchovies, a little Gravy, or ſtrong Broth, a bit of Butter, and ſome Flower duſted in, and toſs it up till 'tis thick, then diſh it. Garniſh with Lemon.

To ſtew Carp.

SCALE and gut your Carp, and waſh the Blood out of their Bellies with Vinegar; then flour them well, and fry them in Butter till they are thorough hot; then put them into your Stew-pan, with a pint of Claret, two Anchovies, an Onion ſtuck with three or four Cloves, two or three Blades of Mace, a bunch of Sweet-herbs, and a pound of freſh Butter; put them over a ſoft Fire, three quarters of an Hour will do them; then take your Fiſh up, and put them in the Diſh you ſerve them in; and if your Sauce is not thick enough, boil it a little longer; then ſtrain it over your Carp. This is a very good way to ſtew Eels, only cut them in pieces, and not fry them. Garniſh with Horſe-radiſh and Lemon.

To pot Eels.

CASE your Eels and gut them, waſh them, and dry them, ſlit them down the Back, and take out the Bones; cut them in pieces to fit your Pot; then rub every piece on both ſides with Pepper, Salt, and grated Nutmeg; then lay them cloſe in the Pot till 'tis full; cover the Pot with coarſe Paſte, and bake them. A Pot that holds eight pound weight muſt have two Hours baking; when they come out of the Oven open the Pot, and pour out all the Liquor, then cover them with clarified Butter.

To pickle Mackarel.

SLIT your Mackarel in halves, take out the Roes, gut and clean them, and ſtrew Salt over them, and lay one on another, the Back of one to the Inſide of the other, ſo let them lie two or three Hours; then wipe every piece clean from the Salt, and ſtrew them over with Pepper beaten, and grated Nutmeg, ſo let them lie two or three Hours longer; then fry them well, take them out of the Pan and lay them on coarſe Cloths to drain, when cold put them in a Pan, and cover them over with a Pickle of Vinegar boiled with Spice, when 'tis cold.

To haſh a Calf's Head.

BOIL the Head almoſt enough, then cut it in half, the faireſt half ſcotch and ſtrew it over with grated Bread, and a little ſhred Parſley; ſet it before the Fire to broil, and baſte it with Butter.

CUT the other half and the Tongue in thin ſlices, as big as a Crown-piece: Have ſome ſtrong

Gravy ready, and put it in a Stew-pan with your Haſh, an Anchovy waſhed, boned, the Head and Tail off; a bit of Onion, two or three Cloves, and two blades of Mace, juſt bruiſed and put into a Rag; then ſtrew in a little Flower, and ſet it to ſtew: When 'tis enough, have in readineſs the Yolks of four Eggs well beaten, with two or three ſpoonfuls of White-wine, and ſome grated Nutmeg, and ſtir it in your Haſh till 'tis thick enough; then lay your broiled Head in the middle, and your Haſh round. Garniſh with Lemon and little ſlices of Bacon; always have Forc'd-meat Balls. You may add Sweet-breads and Lamb-ſtones, *&c.*

To jug a Hare.

CUT a Hare in pieces, but do not waſh it; ſeaſon it with half an Onion ſhred very fine, a ſprig of Thyme, and a little Parſley all ſhred, and beaten Pepper and Salt, as much as will lie on a Shilling, half a Nutmeg, and a little Lemon-peel; ſtrew all theſe over your Hare, and ſlice half a pound of fat Bacon into thin ſlices; then put your Hare into a Jug, a Layer of Hare, and the ſlices of Bacon on it: So do till all is in the Jug; ſtop the Jug cloſe that not any ſteam can go out; then put it in a pot of cold Water, lay a Tile on the top, and let it boil three Hours; take the Jug out of the Kettle, and put half a pound of Butter in it, and ſhake it together till the Butter is melted; then pour it in your Diſh. Garniſh with Lemon.

To jug Pigeons.

PULL, crop, and draw your Pigeons, but not waſh them; ſave the Livers, and put them in ſcalding Water, and ſet them on the Fire for a mi-

a minute or two; then take them out, and bruiſe them ſmall with the Back of a Spoon; mix with them a little Pepper, Salt, and grated Nutmeg, Lemon-peel ſhred very fine, and chopp'd Parſley, two Yolks of Eggs very hard and bruiſed, as you did the Liver and Suet, ſhaved exceeding fine, and ſome grated Bread; work theſe together with raw Eggs, and roll it in Butter, and put a bit into the Crop and Belly of your Pigeon, and ſew up the Neck and Vent; then dip your Pigeons in Water, and ſeaſon them with Pepper and Salt as for a Pye; then put them in your Jug, with a piece of Sallery; ſtop them up cloſe, and ſet them in a Kettle of cold Water, with a Tile on the top, and let it boil three Hours; then take them out of the Jug, and put them in your Diſh; take out the Sallery, and put in a piece of Butter rolled in Flour; ſhake it till 'tis thick, and pour it on your Pigeons. Garniſh with Lemon.

To make Pockets.

CUT three ſlices out of a Leg of Veal, the length of a Finger, the breadth of three Fingers, the thickneſs of a Thumb, with a ſharp Penknife; give it a ſlit through the middle, leaving the bottom and each ſide whole, the thickneſs of a Straw; then lard the top with ſmall fine Lards of Bacon; then make a Forc'd-meat of Marrow, Sweet-breads, and Lamb-ſtones, juſt boiled, and make it up after 'tis ſeaſoned and beaten together, with the Yolks of two Eggs, and put it into your Pockets, as if you were filling a Pin-cuſhion; then ſew up the top with fine thred, flour them, and put melted Butter on them, and bake them; roaſt three Sweet-breads to put between, and ſerve them with Gravy-ſauce.

To make Rennet.

TAKE a Calf's Bag, ſkewer it up, and let it lie a Night in cold Water; then turn out the Curd into freſh Water, waſh and pick it very clean, and ſcour the Bag inſide and outſide; then put a handful of Salt to the Curd, and put it into the Bag, and ſkewer it up, and let it lie in a clean Pot a Year; then put half a pint of Sack into the Bag, and as much into the Pot, and prick the Bag; then bruiſe one Nutmeg, four Cloves, a little Mace, and tie them up in a bit of thin Cloth, and put it into the Pot, and now and then ſqueeſe the Spice Cloth: In a few Days you may uſe it; put a ſpoonful, or at moſt a ſpoonful and half to twenty quarts of Milk.

To make a Summer Cream-Cheeſe.

TAKE three pints of Milk juſt from the Cow, and five pints of good ſweet Cream, which you muſt boil free from ſmoke; then put it to your Milk; cool it till 'tis but blood warm, and then put in a ſpoonful of Rennet; when 'tis well come, take a large Strainer, lay it in a great Cheeſe-fat; then put the Curd in gently upon the Strainer, and when all the Curd is in, lay on the Cheeſe-board, and a weight of two pound. Let it ſo drain three hours, till the Whey be well drained from it; then lay a Cheeſe-cloth in your leſſer Cheeſe-fat, and put in the Curd, laying the Cloth ſmooth over it as before, and the Board on the top of that, and a four pound weight on it; turn it every two hours, into dry Cloths before Night, and be careful not to break it next Morning; ſalt it, and keep it in the Fat till the next Day; then put it into a wet Cloth, which you muſt ſhift every Day till 'tis ripe.

To make a New-market Cheeſe to cut at two Years old.

ANY Morning in *September* take twenty quarts of new Milk warm from the Cow, and colour it with Marigolds: When this is done, and the Milk not cold, get ready a quart of Cream, and a quart of fair Water, which muſt be kept ſtirring over the Fire till 'tis ſcalding hot; then ſtir it well into the Milk and Rennet, as you do other Cheeſe; when 'tis come, lay Cheeſe-cloths over it, and ſettle it with your Hands; the more Hands the better; as the Whey riſes, take it away, and when 'tis clean gone, put the Curd into your Fat, breaking it as little as you can; then put it in the Preſs, and preſs it gently an hour; take it out again, and cut it in thin ſlices, and lay them ſingly on a Cloth, and wipe them dry; then put it in a Tub, and break it with your hands as ſmall as you can, and mix with it a good handful of Salt, and a quart of cold Cream; put it in the Fat, and lay a pound weight on it till next day; then preſs and order it as others.

To make a Rennet Bag.

LET the Calf ſuck as much as he will, juſt before he is killed: then take the Bag out of the Calf, and let it lie twelve hours, covered over in ſtinging Nettles till 'tis very red; then take out your Curd, and waſh your Bag clean, and ſalt it within-ſide and without, and let it lie ſprinkled with Salt twenty-four hours, and waſh your Curd in warm new Milk, and pick it, and put away all that is yellow and hollow, and keep what is white and cloſe, and waſh it well, and ſprinkle it with Salt, and when the Bag has lain twenty-four hours,

put it into the Bag again, and put to it three ſpoonfuls of the Stroakings of a Cow, beat up with the yolk of an Egg or two, twelve Cloves, and two Blades of Mace, and put a Skewer through it, and hang it in a Pot; then make the Rennet Water thus:

Take half a pint of fair Water, a little Salt, and ſix tops of the reddeſt of black Thorn, and as many Sprigs of Burnet, and two of Sweet-marjoram; boil theſe in the Water, and ſtrain it out, and when 'tis cold, put one half in the Bag, and let the Bag lye in the other half, and take it out as you uſe it, and when you want, make more Rennet, which you may do ſix or ſeven times; three ſpoonfuls of this Rennet will make a large *Cheſhire* or *Chedder* Cheeſe, and half as much to a common Cheeſe.

To make a Chedder *Cheeſe.*

TAKE the new Milk of twelve Cows in the morning, and the evening Cream of twelve Cows, and put to it three ſpoonfuls of Rennet; and when 'tis come, break it, and whey it; and when 'tis well wheyed break it again, and work into the Curd three pound of freſh Butter, and put it in your Preſs, and turn it in the Preſs very often for an hour or more, and change the Cloths, and waſh them every time you change them; you may put wet Cloths at firſt to them, but towards the laſt put two or three fine dry Cloths to them; let it lye thirty or forty hours in the Preſs, according to the thickneſs of the Cheeſe: then take it out, waſh it in Whey, and lay it in a dry Cloth till 'tis dry; then lay it on your Shelf, and turn it often.

To make Butter.

As ſoon as you have milked, ſtrain your Milk into a pot, and ſtir it often for half an hour: then put it in your Pans or Trays; when 'tis creamed, skim it exceeding clean from the Milk, and put your Cream into an earthen Pot, and if you do not churn immediately for Butter, ſhift your Cream once in twelve hours into another clean ſcalded Pot, and if you find any Milk at the bottom of the Pot, put it away, and when you have churned, waſh your Butter in three or four Waters, and then ſalt as you will have it, and beat it well, but not waſh it after 'tis ſalted; let it ſtand in a Wedge, if it be to pot, till the next morning, and beat it again, and make your Layers the thickneſs of three Fingers, and then ſtrew a little Salt on it, and ſo do till your Pot is full.

The Queen's Cheeſe.

Take ſix quarts of the beſt Stroakings, and let them ſtand till they are cold; then ſet two quarts of Cream on the Fire till 'tis ready to boil: then take it off, and boil a quart of fair Water, and take the yolks of two Eggs, and one ſpoonful of Sugar, and two ſpoonfuls of Rennet; mingle all theſe together, and ſtir it till 'tis but blood warm: when the Cheeſe is come, uſe it as other Cheeſe; ſet it at night, and the third day lay the Leaves of Nettles under and over it: it muſt be turned and wiped, and the Nettles ſhifted every day, and in three weeks it will be fit to eat. This Cheeſe is made between *Michaelmas* and *All-hallowtide.*

To make a thick Cream Cheeſe.

TAKE the morning's Milk from the Cow, and the Cream of the night's Milk and Rennet, pretty cool together, and when 'tis come, make it pretty much in the Cheeſe-Fat, and in a little Salt, and make the Cheeſe thick in a deep Mold, or a Melon Mold if you have one: keep it a Year and half, or two Years before you cut it: It muſt be well ſalted on the outſide.

To make Slip-coat Cheeſe.

TAKE new Milk and Rennet, quite cold, and when 'tis come, break it as little as you can in putting it into the Cheeſe-Fat, and let it ſtand and whey it ſelf for ſome time; then cover it, and ſet about two pound weight on it, and when it will hold together, turn it out of that Cheeſe-Fat, and keep it turning upon clean Cheeſe-Fats for two or three days till it has done wetting, and then lay it on ſharp-pointed Dock-leaves till 'tis ripe: Shift the Leaves often.

A Cream Cheeſe.

TAKE ſix quarts of new Milk warm from the Cow, and put to it three quarts of good Cream; then rennet it, and when it comes, put a Cloth in the Cheeſe-mold, and with your flitting Diſh take it out in thin ſlices, and lay it into your Mold by degrees till 'tis all in: then let it ſtand with a Cheeſe-board upon it till 'tis enough to turn, which will be all night; then ſalt it on both ſides a little, and let it ſtand with a two pound weight on it all night: then take it out, and put it into a dry Cloth; and ſo do till 'tis dry: ripen it with laying it on Nettles, ſhift the Nettles every day.

All

All Sorts of PICKLES.

To pickle Muſhrooms.

GATHER your Muſhrooms in the Morning, as ſoon as poſſible after they are out of the Ground: for one of them that are round and unopen'd, is worth five that are open. If you do gather any that are open, let them be ſuch as are reddiſh in the Gills, for thoſe that have white Gills are not good. Having gathered them, peel them into Water: when they are all done, take them out, and put them into a Sauce-pan; then put to them a good quantity of Salt, whole Pepper, Cloves, Mace, and Nutmeg quartered; let them boil in their own Liquor a quarter of an hour with a quick Fire: then take them off the Fire, and paſs them through a Colander, and let them ſtand till they are cold; then put all the Spice, that was uſed in the boiling them; to one half White-wine, and the other half White-wine Vinegar, ſome Salt, and a few Bay-leaves; then give them a boil or two: There muſt be Liquor enough to cover them; and when they are cold put a ſpoonful or two of Oil on the top to keep them: You muſt change the Liquor once a Month.

To make Melon Mangoes.

TAKE ſmall Melons, not quite ripe, cut a ſlip down the ſide, and take out the inſide very clean: beat Muſtard-ſeeds, and ſhred Garlick, and mix

mix with the Seeds, and put in your Mangoes; put the pieces you cut out into their places again, and tye them up, and put them into your Pot, and boil ſome Vinegar (as much as you think will cover them) with whole Pepper, and ſome Salt, and *Jamaica* Pepper, and pour it ſcalding hot over your Mangoes, and cover them cloſe to keep in the ſteam; and ſo do every day for nine times together, and when they are cold cover them with Leather.

To pickle Walnuts.

TAKE Walnuts about *Midſummer*, when a Pin will paſs through them, and put them in a deep Pot, and cover them over with ordinary Vinegar; change them into freſh Vinegar once in fourteen days, till ſix weeks be paſt; then take two gallons of the beſt Vinegar, and put into it Coriander-ſeeds, Garraway-ſeeds, Dill-ſeeds, of each an ounce groſsly bruiſed, Ginger ſliced three ounces, whole Mace one ounce, Nutmeg bruiſed two ounces, Pepper bruiſed two ounces, give all a boil or two over the Fire, and have your Nuts ready in a Pot, and pour the Liquor boiling hot over them; ſo do for nine times.

To pickle Cucumbers in Slices.

SLICE your Cucumbers pretty thick, and to a dozen of Cucumbers ſlice in two or three good Onions, and ſtrew on them a large handful of Salt, and let them lie in their Liquor twenty-four hours; then drain them, and put them between two coarſe Clothes; then boil the beſt White-wine Vinegar with ſome Cloves, Mace, and *Jamaica* Pepper in it, and pour it ſcalding hot over them, as much as will cover them all over;

over; when they are cold, cover them up with Leather, and keep them for use.

To pickle Sprats for Anchovies.

TAKE an Anchovy-barrel, or a deep glazed Pot; put a few Bay-leaves at the bottom; then a Layer of Bay-salt, and some Petre-salt mixt together; then a Layer of Sprats crouded close; then Bay-leaves, and the same Salt and Sprats, and so till your Barrel or Pot be full; then put in the head of your Barrel close, and once a week turn the other end upwards; in three months they'll be fit to eat as Anchovies raw, but they will not dissolve.

To pickle Sparrows or Squab-pigeons.

TAKE your Sparrows, Pigeons, or Larks, and draw them, and cut off their Legs; then make a Pickle of Water, and a quarter of a pint of White-wine, a bunch of Sweet-herbs, Salt, Pepper, Cloves and Mace; when it boils put in your Sparrows, and when they are enough, take them up, and when they are cold, put them in the Pot you keep them in; then make a strong Pickle of Rhenish-wine, and White-wine Vinegar, put in an Onion, a Sprig of Thyme and Savory, some Lemon-peel, some Cloves, Mace and whole Pepper; season it pretty high with Salt; boil all these together very well; then set it by till 'tis cold and put it to your Sparrows; once in a Month new boil the Pickle, and when the Bones are dissolved they are fit to eat; put them in China-saucers, and mix with your Pickles.

To pickle Nasturtium-Buds.

GATHER your little Knobs quickly after your Blossoms are off; put them in cold Water and Salt for three days, shifting them once a day; then make a Pickle (but do not boil it at all) of some White-wine, some White-wine Vinegar, Eschalot, Horse-radish, Pepper, Salt, Cloves, and Mace whole, and Nutmeg quartered; then put in your Seeds and stop them close; they are to be eaten as Capers.

To keep Quinces in Pickle.

CUT five or six Quinces all to pieces, and put them in an Earthen pot or pan, with a gallon of Water, and two pounds of Honey; mix all these together well, and then put them in a Kettle to boil leisurely half an hour, and then strain your Liquor into that earthen pot, and when 'tis cold wipe your Quinces clean, and put them into it: They must be covered very close, and they will keep all the year.

To pickle Asparagus.

GATHR your Asparagus, and lay them in an earthen pot; make a Brine of Water and Salt, strong enough to bear an Egg, and pour it hot on them; keep it close covered; when you use them hot, lay them in cold Water for two hours, then boil and butter them for the Table; and if you use them as a Pickle, boil them and lay them in Vinegar.

To pickle Ashen-keys.

TAKE Ashen-keys, as young as you can get them, and put them in a Pot with Salt and Water; then take green Whey, when 'tis hot, and pour over them; let them stand till they are cold

cold before you cover them, ſo let them ſtand; when you uſe them, boil them in fair Water; when they are tender take them out, and put them in Salt and Water.

To pickle Samphire.

PICK your Samphire from dead or withered Branches; lay it in a Bell-mettal or Braſs pot; then put in a pint of Water, and a pint of Vinegar; ſo do till your Pickle is an Inch above your Samphire; have a Lid fit for the Pot, and paſte it cloſe down; that no ſteam may go out; keep it boiling an hour, take it off and cover it with old Sacks, or any old Clothes, under, over, and all about the Pot; when 'tis cold, put it up in Tubs or Pots; the beſt by it ſelf; the great Stalks lay upmoſt in boiling; it will keep the cooler the better; the Vinegar you uſe muſt be the beſt.

To mango Cucumbers.

CUT out a little Slip out of the ſide of the Cucumber, and take out the Seeds, but as little of the Meat as you can; then put in the inſide Muſtard-ſeed bruiſed, a clove of Garlick, ſome ſlices of Ginger, and ſome bits of Horſe-radiſh; tye the piece in again, and make a Pickle of Vinegar, Salt, whole Pepper, Cloves, Mace, and boil it, and pour it on the Mangoes; and ſo do for nine days together, when cold cover them with Leather.

Another way to pickle Walnuts.

TAKE Walnuts about *Midſummer*, when a pin will paſs through them; and put them in a deep pot, and cover them over with ordinary

ry Vinegar ; change them into freſh Vinegar once in fourteen days, ſo do four times ; then take ſix quarts of the beſt Vinegar, and put into it an ounce of Dill-ſeeds groſsly bruiſed, Ginger ſliced three ounces, Mace whole one ounce, Nutmegs quartered two ounces, whole Pepper two ounces ; give all a boil or two over the fire ; then put your Nuts into a Crock, and pour your Pickle boiling hot over them ; cover them up cloſe till 'tis cold to keep in the ſteam ; then have Gallipots ready, and place your Nuts in them till your Pots are full ; put in the middle of each Pot a large clove of Garlick ſtuck full with Cloves ; and ſtrew over the tops of the Pots Muſtard-ſeed finely beaten, a ſpoonful, or more or leſs, according to the bigneſs of your pot ; then put the Spice on, and lay Vine-leaves, and pour on the Liquor, and lay a Slate on the top to keep then under the Liquor. Be careful not to touch them with your Fingers, leſt they turn black ; but take them out with a wooden ſpoon ; put a handful of Salt in with the Spice. When you firſt boil the Pickle, you muſt likewiſe remember to keep them under the Pickle they are firſt ſteeped in, or they will loſe their Colour. Tye down the Pots with Leather. A ſpoonful of this Liquor will reliſh Sauce for Fiſh, Fowl, or Fricaſy.

To pickle Oyſters.

WASH your Oyſters in their own Liquor, ſqueezing them between your fingers, that there be no gravel in them ; ſtrain the Liquor, and waſh the Oyſters in it again ; put as much Water as the Liquor, and ſet it on the fire, and as it boils ſcum it clean ; then put a pretty deal of whole Pepper, boil it a little ; then put in ſome blades of Mace, and your Oyſters, ſtirring them

apace, and when they are firm in the middle-part, take them off, pour them quick into an earthen Pot, and cover them very cloſe; put in a few Bay-leaves; be ſure your Oyſters are all under the Liquor, the next day put them up for uſe, cover them very cloſe: when you diſh them to eat, put a little White-wine or Vinegar on the plate with them.

To pickle Pods of Radiſhes.

GATHER the youngeſt Pods, and put them in Water and Salt twenty-four hours; then make a Pickle for them of Vinegar, Cloves, Mace, whole Pepper: boil this, and drain the Pods from the Salt and Water, and pour the Liquor on them boiling hot: put to them a clove of Garlick a little bruiſed.

To pickle Cucumbers.

WIPE your Cucumbers very clean with a cloth, then get ſo many quarts of Vinegar as you have hundreds of Cucumbers, and take Dill and Fennil and cut it ſmall, and put it to the Vinegar, and ſet it over the fire in a copper Kettle, and let it boil, and then put in your Cucumbers till they are warm through, but not boil while they are in; when they are warm through, pour all out into a deep earthen Pot, and cover it up very cloſe till the next day: then do the ſame again, but the third day ſeaſon the Liquor before you ſet it over the fire: put in Salt till 'tis brackiſh, ſome ſliced Ginger, whole Pepper, and whole Mace; then ſet it over the fire again; and when it boils, put in your Cucumbers: When they are hot through, pour them into the Pot, covering it cloſe; when they are cold put them in Glaſſes, and ſtrain the

Liquor over them; pick out the Spice, and put to them; cover them with Leather.

To pickle French *Beans.*

TAKE young ſlender *French* Beans; take off Top and Tail; then make a Brine with cold Water and Salt ſtrong enough to bear an Egg: put in your Beans into that Brine, and let them lye fourteen Days; then take them out, and waſh them in fair Water, and ſet them over the fire in cold Water, without Salt, and let them boil till they are ſo tender as to eat; and when they are cold, drain them from their Water, and make a Pickle for them: to a Peck of *French* Beans, you muſt have a gallon of White-wine Vinegar, boil it with ſome Cloves, Mace, whole Pepper, and ſliced Ginger, and when 'tis cold, put it and your Beans in a Glaſs: ſo keep them for uſe.

To pickle Broom Buds.

PUT your Broom-buds into little Linnen-bags, tye them up, and make a Pickle of Bay-ſalt and Water boiled, and ſtrong enough to bear an Egg; put your bags in a Pot, and when your Pickle is cold, put it to them: keep them cloſe, and let them lye till they turn black: then ſhift them two or three times, till they change green; then take them out, and boil them, as you have occaſion for them: when they are boiled, put them out of the Bag: in Vinegar they will keep a Month after they are boiled.

To pickle Purſlain Stalks.

WASH your Stalks, and cut them in pieces ſix Inches long; boil them in Water and Salt a dozen Walms; take them up, drain them, and when they are cool, make a Pickle of ſtale Beer, White-wine Vinegar, and Salt, put them in and cover them cloſe.

To

To pickle Red Cabbage.

TAKE your cloſe-leaved red Cabbage, and cut it in quarters, and when your Liquor boils put in your Cabbage, and give it a dozen Walms; then make the Pickle of White-wine Vinegar and Claret: You may put to it Beet-root, boil them firſt, and Turnips half boiled; 'tis very good for the garniſhing Diſhes, or to garniſh a Salade.

To pickle Barberries.

TAKE of White-wine Vinegar, and fair Water, an equal quantity, and to every pint of this Liquor, put a pound of ſix-penny Sugar; ſet it over the Fire, and bruiſe ſome of the Barberries and put in it, and a little Salt; let it boil near half an hour; then take it off the Fire, and ſtrain it, and when 'tis perfectly cold, pour it into a Glaſs over your Barberries; boil a piece of Flannel in the Liquor and put over them, and cover the Glaſs with Leather.

Another way to pickle Barberries.

TAKE Water, and colour it red with ſome of the worſt of your Barberries, and put Salt to it, and make it ſtrong enough to bear an Egg; then ſet it over the Fire, and let it boil half an hour; ſcum it, and when 'tis cold, ſtrain it over your Barberries; lay ſomething on them to keep them in the Liquor, and cover the Pot or Glaſs with Leather.

To pickle Oyſters.

TAKE a hundred and half of large Oyſters, waſh them in their own Liquor, and then ſcald them in their own Liquor; then take them out, and lay them on a clean Cloth to cool; then ſtrain their Liquor, and boil, and ſcum it clean,

and put to it one pint of White-wine, half a pint of White-wine Vinegar, one Nutmeg beat groſsly, one Onion ſlit, an ounce of white Pepper half whole, the other half juſt bruiſed, ſix or eight blades of Mace, a quarter of an ounce of Cloves, five or ſix Bay-leaves; boil up this Pickle till 'tis of a good taſte; then cool it in broad Diſhes, and put your Oyſters in a deep Pot or Barrel, and when the Pickle is cold put it to them, in five or ſix days they will be ready to eat, and will keep three Weeks or a Month, if you take them out with a Spoon, and not touch them with your Fingers.

The Lemon Salade.

TAKE Lemons, and cut them in halfs, and when you have taken out the Meat, lay the Rinds in Water twelve hours; then take them out, and cut the Rinds thus ⊙: then boil them in Water till they are tender; then take them out and dry them; then take a pound of Loaf Sugar, and put it to a quarter of a pint of White-wine, and twice as much White-wine Vinegar, and boil it a little; then take it off, and when 'tis cold, put it in the Pot to your Peels: they will be ready to eat in five or ſix days, and is a pretty Salade.

Another way to pickle Pigeons.

TAKE your Pigeons and bone them, beginning at the Rump; then take Cloves, Mace, Nutmeg, Pepper, Salt, Thyme, Lemon-peel; beat the Spice, ſhred the Herbs and Lemon-peel very ſmall, and ſeaſon the inſide of your Pigeons, and then ſew them up, and place the Legs and Wings in order: then ſeaſon the outſide and make a Pickle for them: To a dozen of Pigeons two quarts of Water, one quart of White-wine, a

few Blades of Mace, ſome Salt, ſome whole Pepper, and when it boils, put in your Pigeons, and let them boil till they are tender; then take them out and ſtrain out the Liquor, and put your Pigeons in a Pot, and when the Liquor is cold, pour it on them: When you ſerve them to the Table, dry them out of the Pickle, and garniſh the Diſh with Fennel or Flowers. Eat them with Vinegar and Oil.

To pickle Purſlain Stalks.

TAKE the largeſt and greeneſt Purſlain Stalks, gather them dry, and ſtrip off all the Leaves. Lay the Stalks cloſe in an earthen Pot: you may lay Kidney-beans among them, for you may do them the ſame way: then lay a Stick or two acroſs to keep them under the Pickle, which muſt be made thus: Take Whey, and ſet it on the Fire, with as much Salt as will make it almoſt as ſalt as Brine; ſcum off all the Curd, and let it boil a quarter of an hour longer, with *Jamaica* Pepper in it. Next day, when 'tis cold, pour the clear through a clean Cloth upon the Pickles, and tie it down cloſe, and ſet it in a cool Cellar. In Winter, take a few out as you uſe them: waſh them till the Water runs clean: then put your Beans or Stalks into cold Water, and ſet them over the Fire, very cloſe covered, and let them ſcald two hours; and tho' they be black as Ink, or ſtink before you put them in, they will be very green and good when done; then boil Vinegar, Salt, Pepper, *Jamaica* Pepper, Ginger, for half a quarter of an hour; and when your Stalks are well drained from the Water through a Colander, then put your Pickle to them, and when theſe are uſed, green more, but do not do many at a time.

To make Engliſh Katchop.

TAKE a wide-mouth'd Bottle, put therein a pint of the beſt White-wine Vinegar; then put in ten or twelve Cloves of Eſchalot, peeled and juſt bruiſed; then take a quarter of a pint of the beſt Langoon White-wine; boil it a little, and put to it twelve or fourteen Anchovies waſh'd and ſhred, and diſſolve them in the Wine, and when cold, put them in the Bottle; then take a quarter of a pint more of White-wine, and put in it Mace, Ginger ſliced, a few Cloves, a ſpoonful of whole Pepper juſt bruiſed: let them all boil a little; when near cold, ſlice in almoſt a whole Nutmeg, and ſome Lemon-Peel, and likewiſe put in two or three ſpoonfuls of Horſe-radiſh; then ſtop it cloſe, and for a Week ſhake it once or twice a day; then uſe it: 'tis good to put into Fiſh Sauce, or any ſavoury Diſh of Meat; you may add to it the clear Liquor that comes from Muſhrooms.

To pickle Cucumbers in Slices.

TAKE your Cucumbers at the full Bigneſs, but not yellow, and ſlice them half an inch thick; ſlice an Onion or two with them, and ſtrew a pretty deal of Salt on them; let them ſtand to drain all night; then pour the Liquor clear from them: dry them in a coarſe Cloth, and boil as much Vinegar as will cover them, with whole Pepper, Mace, and a quarter'd Nutmeg; pour it ſcalding hot on your Cucumbers, keeping them very cloſe ſtopt, in two or three days heat your Liquor again, and pour over them; ſo do two or three times more, then tye them up with Leather.

To pickle ſmall Onions.

TAKE young white unſet Onions, as big as the tip of your Finger; lay them in Water and Salt two Days; ſhift them once, then drain them in a Cloth; boil the beſt Vinegar with Spice, according to your taſte, and when 'tis cold, keep them in it cover'd with a wet Bladder.

Another way to pickle Wallnuts.

TAKE your Nuts fit to preſerve, prick them full of holes, and cut the ſlit in the creaſe half through. Put them as you do them into Brine; let them lye three Weeks, changing the Brine every four days: take them out with a Cloth, and wipe them dry; put them in a Pot, with a good deal of bruiſed Muſtard-ſeed; then have your Pickle ready; which muſt be Wine-vinegar, as much as will cover them; put in Cloves, Mace, Ginger, Pepper, Salt, three or four Cloves of Garlick ſtuck with Cloves, and pour your Liquor boiling hot upon them, and keep them cloſe tied for a fortnight; boil the Pickle again, ſo do three times; put Oil on the top.

To diſtil Vinegar for Muſhrooms.

TO a gallon of Vinegar put an ounce and half of Ginger ſliced, one ounce of Nutmegs bruiſed, half an ounce of Mace, half an ounce of white Pepper, as much *Jamaica* Pepper, both bruiſed, a few Cloves; diſtil this: Take care it does not burn in the Still.

To pickle Muſhrooms.

TAKE only the Buttons, waſh them in Milk and Water with a Flannel; put Milk on the Fire, and when it boils, put in your Muſh-

rooms, and boil them four or five boils, and have in readineſs a Brine made with Milk and Salt, and take them out of the boiling Brine, and put them into the Milk Brine, and cover them up all night; then have a Brine with Water and Salt, boil it, and let it ſtand to be cold, and put in your Buttons, and waſh them in it. When you firſt boil your Muſhrooms, you muſt put with them an Onion and Spice: Then have in readineſs a Pickle, made with half White-wine, and half White-wine Vinegar; boil in it Ginger, Mace, Nutmegs, and whole white Pepper; when 'tis quite cold, put your Muſhrooms into the Bottle, and ſome Bay-leaves on the ſides, and ſtrew between ſome of your boiled Spice; then put in the Liquor, and a litle Oil on the top; cork and rozin the top; ſet them cool and dry, and the bottom upwards.

A Leg of Mutton Ala-Danbe.

LARD your Meat with Bacon through, but ſlant-way; half roaſt it; take it off the Spit, and put it in a ſmall Pot as will boil it; two quarts of ſtrong Broth; a pint of White-wine, ſome Vinegar, whole Spice, Bay-leaves, green Onions, Savory, Sweet-marjoram; when 'tis ſtew'd enough, make Sauce of ſome of the Liquor, Muſhrooms, Lemon cut like Dice, two or three Anchovies: thicken it with browned Butter. Garniſh with Lemon.

To Marinate Smelts.

TAKE your Smelts, gut them neatly, waſh and dry them, and fry them in Oil; lay them to drain and cool, and have in readineſs a Pickle made with Vinegar, Salt, Pepper, Cloves, Mace, Onion, Horſe-radiſh: let it boil together half an hour, when 'tis cold put in your Smelts.

To

To make the Muſhroom Powder.

TAKE a peck of Muſhrooms, waſh and rub them clean with a flannel rag, cutting out all the Worms; but do not peel off the Skins: put to them ſixteen blades of Mace, forty Cloves, ſix Bay-leaves, twice as much beaten Pepper as will lye on half a Crown; a good handful of Salt, a dozen Onions, a piece of Butter as big as an Egg, and half a pint of Vinegar; ſtew theſe as faſt as you can; keep them ſtirring till they have ſpent their liquor; keep the liquor for uſe, and dry the Muſhrooms firſt on a broad Pan in the Oven; afterward put them on Sieves, till they are dry enough to pound all together into Powder. This quantity uſually makes half a pound.

To pickle Lemons.

TAKE twelve Lemons, ſcrape them with a piece of broken glaſs; then cut them croſs into four parts, downright, but not quite through, but that they will hang together; then put in as much Salt as they will hold, and rub them well, and ſtrew them over with Salt; let them lye in an earthen Diſh, and turn them every day for three days: then ſlice an ounce of Ginger very thin, and ſalted for three days; twelve cloves of Garlick par-boiled, and ſalted three days; a ſmall handful of Muſtard-ſeed bruiſed, and ſearced through a hair Sieve; ſome red Indian-Pepper, one to every Lemon. Take your Lemons out of the Salt, and ſqueeze them gently, and put them into a Jar, with the Spice, and cover them with the beſt White-wine Vinegar. Stop them up very cloſe, and in a Months time they will be fit to eat.

To pickle Muſhrooms.

RUB your Muſhrooms with a piece of Flannel in a little Water, and as you clean, put them into your pot you deſign to do them in; then ſet them into a pot of hot Water, as if you were going to infuſe them; let them be covered cloſe, and boil them till they be ſettled about half from what they were at firſt: Take them out into a Sieve to let the liquor run off, and immediately ſpread them on a clean coarſe Cloth, and ſmother them up cloſe; when cold, put them into the beſt White-wine Vinegar, and Salt, and let them lye nine or ten days in it; then make your Pickle with freſh White-wine Vinegar, white Pepper whole, and a little Salt.

To pickle Wallnuts.

IN *July* gather the largeſt Wallnuts, and let them lye nine days in Salt and Water, ſhifting them every third day; let the Salt and Water be ſtrong enough to bear an Egg; then put two Pots of Water on the Fire; when the Water is hot, put in your Wallnuts; ſhift them out of one Pot into the other; for the more clean Water they have the better: when ſome of them begin to riſe in the Water, they are enough; then pour them into a Colander, and with a woollen Cloth wipe them clean, and put them in the Jar you keep them in; then boil as much Vinegar as will cover them with beaten Pepper, Cloves, Mace, and Nutmeg, juſt bruiſed, and put ſome cloves of Garlick into the Pot to them, and whole Spice, and *Jamaica* Pepper; and when they are cold, put into every half hundred of Nuts, three ſpoonfuls of Muſtard-ſeed. Tye a Bladder over them and Leather.

Ano-

Another way to pickle Muſhrooms.

SCRAPE the Buttons carefully with a Penknife, and throw them into cold Water as you ſcrape them; and put them into freſh Water, and ſet them cloſe covered over a quick clear Fire; blow under it to make it boil as faſt as poſſible half a quarter of an hour; ſtrain them off, and turn the hollow end down upon a wooden Board as quick as you can, whilſt they remain hot, and then ſprinkle them over with a little Salt; when they are cold, put them into Bottles or Glaſſes, with a little Mace, and ſliced Ginger, and cover them with cold White-wine Vinegar. Tye Bladders or Leather over them.

To make Gooſeberry Vinegar.

TAKE Gooſeberries, full ripe, bruiſe them in a Mortar; then meaſure them, and to every quart of Gooſeberries, put three quarts of Water, firſt boiled, and let ſtand till cold; let it ſtand twenty-four hours; then ſtrain through a Canvaſs, then a Flannel; and to every gallon of this liquor, put one pound of feeding brown Sugar; ſtir it well, and barrel it up; at three quarters of a year old 'tis fit for uſe: but if it ſtands longer, 'tis the better: This Vinegar is likewiſe good for Pickles.

Another ſort of Muſhroom Powder.

TAKE the large Muſhrooms; waſh them clean from grit; cut off the Stalks, but do not peel or gill them; ſo put them into a Kettle over the Fire, but no Water; put a good quantity of Spice, of all Sorts, two Onions ſtuck with Cloves, a handful of Salt, ſome beaten Pepper, and a quarter of a pound of Butter: let all theſe ſtew, till the

the Liquor is dry'd up in them; then take them out, and lay them on Sieves to dry, till they will beat to Powder; preſs the Powder hard down in a Pot, and keep it for uſe, what quantity you pleaſe at a time in Sauce.

To pickle Muſhrooms.

TAKE your Muſhrooms freſh gathered, peel or rub them, and put them in Milk, and Water, and Salt; when they are all peeled, take them out of that, and put them into freſh Milk, Water, and Salt to boil, and an Onion ſtuck with Cloves; and when they have boiled a little, take them off, and take them out of that, and ſmother them between two Flannels; then take as much good Alegar as you think will cover them, and boil it with Ginger, Mace, Nutmeg, and whole Pepper; when 'tis cold, let it be put on your Muſhrooms, and cover them cloſe.

To pickle Muſcles or Cockles.

TAKE your freſh Muſcles, or Cockles; waſh them very clean, and put them in a Pot over the Fire, till they open; then take them out of their Shells, and pick them clean, and lay them to cool; then put their Liquor to ſome Vinegar, whole Pepper, Ginger ſliced thin, and Mace, and ſet it over the Fire; when 'tis ſcalding hot, put in your Muſcles, and let them ſtew a little; then pour out the Pickle from them, and when both are cold, put them in an earthen Jug, and cork it up cloſe: In two or three Days they will be fit to eat.

To do the fine hanged Beef.

THE piece that is fit to do, is the Navel-piece, and let it hang in your Cellar as long as you dare for ſtinking, and till it begins to be a little ſappy;

ſappy; take it down, and waſh it in Sugar and Water, half a pound of Sugar, and a quart of Water; waſh it with a clean Rag very well, one piece after another; for you may cut that piece in three; then take ſix Penny-worth of Salt-petre, and two pound of Bay-ſalt; dry it, and pound it ſmall, and mix with it two or three ſpoonfuls of brown Sugar, and rub your Beef in every Place very well with it; then take of Common-ſalt, and ſtrew all over it as much as you think will make it ſalt enough; let it lie cloſe, till the Salt be diſſolv'd, which will be ſix or ſeven days; then turn it every other day, the undermoſt uppermoſt, and ſo for a Fortnight; then hang it where it may have a little warmth of the Fire; not too hot to roaſt it. It may hang in the Kitchen a Fortnight; when you uſe it, boil it in Hay and Pump-water, very tender; it will keep boiled two or three Months rubbing it with a greaſy Cloth, or putting it for two or three Minutes into boiling-water to take off the Mouldineſs.

To diſtil Verjuice for Pickles.

TAKE three quarts of the ſharpeſt Verjuice, and put it in a cold Still, and diſtil it off very ſoftly; the ſooner 'tis diſtill'd in the Spring, the better for uſe.

To pickle Muſhrooms.

TAKE your Muſhrooms as ſoon as they come in; cut the Stalks off, and throw your Muſhrooms into Water and Salt as you do them; then rub them with a piece of Flannel, and as you do them, throw them into another Veſſel of Salt and Water, and when all is done, put ſome Salt and

and Water on the Fire, and when 'tis ſcalding hot, put in your Muſhrooms, and let them ſtay in as long as you think will boil an Egg; throw them into cold Water as ſoon as they come off the Fire; but firſt put them in a Sieve, and let them drain from the hot Water, and be ſure to take them out of the hot Water immediately, or they will wrinkle and look yellow. Let them ſtand in the cold Water till next Morning, then take them out, and put them into freſh Water and Salt, and change them every day for three or four days together; then wipe them very dry, and put them into diſtilled Vinegar: The Spice muſt be diſtilled in the Vinegar.

Sauce for Fiſh or Fleſh.

TAKE a quart of Verjuice, and put it into a Jug; then take *Jamaica* Pepper whole, ſome ſliced Ginger, ſome Mace, a few Cloves, ſome Lemon-peel, Horſe-radiſh-root ſliced, ſome Sweet-herbs, ſix Eſchalots peeled, and eight Anchovies, two or three ſpoonfuls of ſhred Capers; put all theſe into a Linnen-bag, and put the Bag into your Verjuice; ſtop the Jug cloſe, and keep it for uſe; a ſpoonful cold or mixed in Sauce for Fiſh or Fleſh.

All

All Sorts of PUDDINGS.

To make an Orange Pudding.

TAKE two large Sevil Oranges, and grate off the Rind, as far as they are yellow; then put your Oranges in fair Water, and let them boil till they are tender; ſhift the Water three or four times to take out the Bitterneſs; when they are tender cut them open, and take away the Seeds and Strings, and beat the other part in a Mortar, with half a Pound of Sugar, till 'tis a Paſte; then put in the yolks of ſix Eggs, three or four ſpoonfuls of thick Cream, half a Naples-Bisket grated; mix theſe together, and melt a pound of very good freſh Butter, and ſtir it well in; when 'tis cold, put a bit of fine Puff Paſte about the brim and bottom of your Diſh, and put it in and bake it about three quarters of an hour.

Another ſort of Orange Pudding.

TAKE the outſide Rind of three Sevil Oranges, boil them in ſeveral Waters till they are tender; then pound them in a Mortar with three quarters of a pound of Sugar; then blanch and beat half a pound of Almonds very fine, with Roſe-water to keep them from oiling; then beat ſixteen Eggs, but ſix Whites, and a pound of freſh Butter; beat all theſe together very well till 'tis light

light and hollow; then put it in a Diſh, with a ſheet of Puff-paſte at the bottom, and bake it with Tarts; ſcrape Sugar on it, and ſerve it up hot.

To make a Carrot Pudding.

TAKE raw Carrots, and ſcrape them clean; then grate them with a grater, without a back. To half a pound of Carrot, take a pound of grated Bread, a Nutmeg, a little Cinamon, a very little Salt, half a pound of Sugar, and half a pint of Sack, eight Eggs, a pound of Butter melted, and as much Cream as will mix it well together; ſtir it and beat it well up, and put it in a Diſh to bake; put Puff-paſte at the bottom of your Diſh.

To make an Almond Pudding.

TAKE a pound of the beſt Jordan Almonds, blanched in cold water, and beat very fine with a little Roſe-water; then take a quart of Cream, boiled with whole Spice, and taken out again, and when 'tis cold, mix it with the Almonds, and put to it three ſpoonfuls of grated Bread, and one ſpoonful of Flour, nine Eggs, but three Whites, half a pound of Sugar, a Nutmeg grated; mix and beat theſe well together, put ſome Puff-paſte at the bottom of a Diſh; put your Stuff in, and here and there ſtick a piece of Marrow in it. It muſt bake an hour, and when 'tis drawn, ſcrape Sugar on it, and ſerve it up.

To make a Marrow Pudding.

TAKE out the Marrow of three or four Bones, and ſlice it in thin pieces; and take a penny Loaf, cut off the Cruſt, and ſlice it in as thin ſlices as you can, and ſtone half a pound of Raiſins of the

the Sun; then lay a Sheet of thin Paste in the bottom of a Dish; so lay a row of Marrow, of Bread, and of Raisins till the Dish is full; then have in readiness a quart of Cream boiled, and beat five Eggs, and mix with it; put to it a Nutmeg grated, and half a pound of Sugar. When 'tis just going into the Oven, pour in your Cream and Eggs; bake it half an hour, scrape Sugar on it when 'tis drawn, and serve it up.

A Bread and Butter Pudding for Fasting Days.

TAKE a two-penny Loaf, and a pound of fresh Butter; spread it in very thin slices, as to eat; cut them off as you spread them, and stone half a pound of Raisins, and wash a pound of Currants; then put Puff-paste at the bottom of a Dish, and lay a Row of your Bread and Butter, and strew a handful of Currants, and a few Raisins, and some little bits of Butter, and so do till your Dish is full; then boil three pints of Cream, and thicken it when cold with the yolks of ten Eggs, a grated Nutmeg, a little Salt, near half a pound of Sugar, some Orange-flower water, and pour this in, just as the Pudding is going into the Oven.

Another baked Bread Pudding.

TAKE a penny Loaf, cut it in thin slices; then boil a quart of Cream, or new Milk, and put in your Bread, and break it very fine; put five Eggs to it, a Nutmeg grated, a quarter of a pound of Sugar, and half a pound of Butter; stir all these well together; butter a Dish, and bake it an hour.

A Lemon Pudding.

TAKE two clear Lemons, grate off the outſide rinds; then grate two Naples-biskets, and mix with your grated Peel, and add to it three quarters of a pound of fine Sugar, twelve yolks, and ſix whites of Eggs, well beat, and three quarters of a pound of Butter melted, and half a pint of thick Cream; mix theſe well together; put a Sheet of Paſte at the bottom of the Diſh; and juſt as the Oven is ready, put your Stuff in the Diſh; ſift a little double-refined Sugar over it before you put it in the Oven; an hour will bake it.

To make a Calf's Foot Pudding.

TAKE two Calf's-feet, finely ſhred; then take of Bisket grated, and ſtale Mackaroons broken ſmall, the quantity of a penny Loaf; then add a pound of Beef-ſuet, very finely ſhred, half a pound of Currants, a quarter of a pound of Sugar; ſome Cloves, Mace and Nutmeg, beat fine, a very little Salt, ſome Sack and Orange-flower-water; ſome Citron and candied Orange-peel; work all theſe well together, with yolks of Eggs; if you boil it, put it in the Caul of a Breaſt of Veal, and tye it over with a Cloth; it muſt boil four hours. For Sauce, melt Butter, with a little Sack and Sugar; if you bake it, put ſome Paſte in the bottom of the Diſh, but none on the brim; then melt half a pound of Butter, and mix with your Stuff, and put it in your Diſh, and ſtick lumps of Marrow in it; bake it three or four hours; ſcrape Sugar over it, and ſerve it hot.

A Rice Pudding.

SET a pint of thick Cream over the Fire, and put into it three ſpoonfuls of the Flour of Rice; ſtir it, and when 'tis pretty thick, pour it

into a Pan, and put into it a pound of freſh Butter; ſtir it till 'tis almoſt cold; then add to it a grated Nutmeg, a little Salt, ſome Sugar, a little Sack, the yolks of ſix Eggs; ſtir it well together; put ſome Puff-paſte in the bottom of a Diſh, pour it in. An hour or leſs will bake it.

To make an Oatmeal Pudding.

TAKE three pints of thick Cream, and three quarters of a pound of Beef-ſuet ſhred very fine; when the Cream boils, put into it the Suet, and a pound of Butter, and half a pound of Sugar, a Nutmeg grated, a little Salt: then thicken all with a pint of fine Oatmeal; ſtir it together; pour it in a Pan, and cover it up cloſe till 'tis almoſt cold; then put in the yolks of ſix Eggs; mix it all well together, and put a very thin Paſte at the bottom of the Diſh, and ſtick lumps of Marrow in it. Bake it two hours.

To make a French *Barley Pudding.*

TAKE a quart of Cream, and put to it ſix Eggs well beaten, but three of the Whites, then ſeaſon it with Sugar, Nutmeg, a little Salt, Orange-flower-water, and a pound of melted Butter; then put to it ſix handfuls of *French* Barley that has been boiled tender in Milk: Butter a Diſh and put it in, and bake it. It muſt ſtand as long as a Veniſon-Paſty, and it will be good.

A colouring Liquor for Puddings.

BEAT an ounce of Cochineal very fine, put it in a pint of Water in a Skillet, and a quarter of an ounce of Roach-allum; boil it till the Goodneſs is out; ſtrain it into a Viol, with two ounces of fine Sugar. It will keep ſix months.

A good boiled Pudding.

TAKE a pound and a quarter of Beef-ſuet, after 'tis skinned, ſhred very fine; then ſtone three quarters of a pound of Raiſins, and mix with it, and a grated Nutmeg, a quarter of a pound of Sugar, a little Salt, a little Sack, four Eggs, four ſpoonfuls of Cream, and about half a pound of fine Flower; mix theſe well together, pretty ſtiff; tye it in a Cloth, and let it boil four hours. Melt Butter thick for Sauce.

To make a Quaking Pudding.

TAKE a pint of Cream, and boil it with Nutmeg, and Cinnamon, and Mace; take out the Spice when 'tis boiled; then take the yolks of eight Eggs, and four of the whites; beat them very well with ſome Sack, and mix your Eggs with your Cream, with a little Salt and Sugar, and a ſtale half-penny white Loaf, and one ſpoonful of Flour, and a quarter of a pound of Almonds blanched and beat fine, with ſome Roſe-water; beat all theſe well together, and wet a thick Cloth, and flour it, and put it in when the Pot boils. It muſt boil an hour at leaſt. Melt Butter, Sack and Sugar for the Sauce; ſtick blanched Almonds, and candied Orange-peel on the top.

To make a Cow-heel Pudding.

TAKE a large Cow-heel, and cut off all the Meat, but the black Toes; put them away, but mince the reſt very ſmall, and ſhred it over again, with three quarters of a pound of Beef-ſuet; put to it a penny Loaf, grated, Cloves, Mace, Nutmeg, Sugar, and a little Salt, ſome Sack, and Roſe-

Roſe-water; mix theſe well together with ſix raw Eggs well beaten; butter a Cloth, and put it in, and boil it two hours. For Sauce, melt Butter, Sack and Sugar.

To make a Curd Pudding.

TAKE the Curd of a gallon of Milk, and whey it well, and rub it through a Sieve; then take ſix Eggs, a little thick Cream, three ſpoonfuls of Orange-flower Water, one Nutmeg grated, grated Bread, and Flour, of each three ſpoonfuls; a pound of Currants, and ſtoned Raiſins; mix all theſe together; butter a thick Cloth, and tye it up in it; boil it an hour. For Sauce, melt Butter and Orange-flower water and Sugar.

To make a Pith Pudding.

TAKE a quantity of the Pith of an Ox, and let it lye all night in water to ſoak out the Blood; the next morning ſtrip it out of the Skins, and beat it with the back of a Spoon in Orange-flower water till 'tis as fine as Pap; then take three blades of Mace, a Nutmeg quartered, a ſtick of Cinnamon; then take half a pound of the beſt Jordan Almonds, blanched in cold water; then beat them with a little of the Cream, and as they dry, put in more Cream, and when they are all beaten, ſtrain the Cream from them to the Pith; then take the yolks of ten Eggs, the whites of but two; beat them very well, and put them to the Ingredients; then take a ſpoonful of grated Bread, or Naples-bisket; mingle all theſe together, with half a pound of fine Sugar, and the Marrow of four large Bones, and a little Salt; fill them in ſmall Ox or Hogs Guts, or bake it with Puff-cruſt.

A Rice-Pudding.

TAKE two large handfuls of Rice, well beaten and ſearced; then take two quarts of Milk or Cream, ſet it over the Fire with the Rice; put in Cinnamon and Mace; let it boil a quarter of an hour: It muſt be as thick as Haſty-Pudding; then ſtir in half a pound of Butter while 'tis over the Fire; then take it off to cool, and put in Sugar, and a little Salt; when 'tis almoſt cold, put in ten or twelve Eggs, take out four of the whites: Butter the Diſh. An hour will bake it; ſearce Sugar over it.

Pudding for little Diſhes.

TAKE a pint of Cream, and boil it, and ſlice a half-penny Loaf, and pour your Cream over it hot, and cover it cloſe till 'tis cold; then put in half a Nutmeg grated, a quarter of a pound of Sugar, the yolks of four Eggs, the whites of but two; butter your Diſh, and put it in, and let it boil an hour; melt Butter, Sack and Sugar for Sauce.

To make a Haſty-Pudding.

BREAK an Egg into fine Flour, and with your Hand work up as much as you can into as ſtiff a Paſte as is poſſible; then mince it as ſmall as Herbs to the Pot, as ſmall as if it were to be ſifted; then ſet a quart of Milk a boiling, and put in your Paſte, ſo cut as before-mentioned; put in a little Salt, ſome beaten Cinnamon and Sugar, a piece of Butter as big as a Walnut, and keep it ſtirring all one way, till 'tis as thick as you would have it; and then ſtir in ſuch another piece of Butter;

Butter; and when 'tis in the Diſh, ſtick it all over with little bits of Butter.

To make Stewed Pudding.

GRATE a Two-penny Loaf, and mix it with half a pound of Beef-ſuet, finely ſhred, and three quarters of a pound of Currants, and a quarter of a pound of Sugar, a little Cloves, Mace, and Nutmeg; then beat five or ſix Eggs, with three or four ſpoonfuls of Roſe-water, and beat all together, and make them up in little round Balls, the bigneſs of an Egg, and ſome round, and ſome long in the Faſhion of an Egg; then put a pound of Butter in a Pewter-Diſh, and when 'tis melted, and thorough hot, put in your Puddings, and let them ſtew till they are brown; turn them, and when they are enough, ſerve them up, with Sack and Butter and Sugar for Sauce.

To make a Cabbage Pudding.

TAKE two pounds of the lean Part of a Leg of Veal; take of Beef-ſuet the like quantity; chop them together, then beat them together in a ſtone Mortar, adding to it half a little Cabbage ſcalded, and beat that with your Meat; then ſeaſon it with Mace and Nutmeg, a little Pepper and Salt, ſome green Gooſe-berries, Grapes, or Barberries, in the Time of Year. In the Winter put in a little Verjuice; then mix all well together, with the yolks of four or five Eggs, well beaten; then wrap it up in green Cabbage-Leaves; tye a Cloth over it, boil it an hour; melt Butter for Sauce.

To make Almond Hogs-Puddings.

TAKE two pounds of Beef-suet or Marrow shred very small, and a pound and half of Almonds blanched, and beaten very small with Rose-water; one pound of grated Bread, a pound and quarter of fine Sugar, a little Salt, one ounce of Mace, Nutmeg, and Cinnamon, twelve yolks of Eggs, four whites, a pint of Sack, a pint and half of thick Cream, some Rose or Orange-flower Water; boil the Cream, and tye a little Saffron in a Rag, and dip it in the Cream to colour it. First beat your Eggs very well, then stir in your Almonds, then the Spice, and Salt, and Suet, and then mix all your Ingredients together; fill your Guts but half full, put some bits of Citron in the Guts as you fill them. Tye them up, and boil them about a quarter of an hour.

To make Hogs-Puddings with Currants.

TAKE three pounds of grated Bread to four pounds of Beef-suet finely shred, two pounds of Currants; Cloves, Mace, and Cinnamon, of each half an ounce beaten fine, a little Salt, a pound and half of Sugar, a pint of Sack, a quart of Cream, a little Rose-water, twenty Eggs well beaten, but half the whites; mix all these well together, and fill the Guts half full: Boil them a little, and prick them as they boil, to keep them from breaking the Guts. Take them up on clean Cloths.

Another sort of Hogs-Puddings.

TO half a pound of grated Bread, put half a pound of Hog's Liver boiled cold and grated; a pound and half of Suet finely shred, a handful

ful of Salt, a handful of Sweet-herbs chopp'd ſmall, ſome Spice. Mix all theſe together, with ſix Eggs, well beaten, and a little thick Cream; fill your Guts, and boil them; when cold, cut them in round ſlices an inch thick; fry them in butter; and garniſh your Diſh of Fowls, Haſh, or Fricacy.

To make Rice Pancakes.

TAKE a quart of Cream, and three ſpoonfuls of the Flour of Rice; boil it till 'tis as thick as Pap, and as it boils, ſtir in half a pound of Butter, a Nutmeg grated; then pour it out into an earthen Pan, and when 'tis cold, put in three or four ſpoonfuls of Flour, a little Salt, ſome Sugar, nine Eggs well beaten; mix all well together, and fry them in a little Pan, with a ſmall piece of Butter. Serve them up, four or five in a Diſh.

To make black Hogs Puddings.

BOIL all the Hogs-harſlet in about four or five gallons of Water till 'tis very tender; then take out all the Meat, and in that Liquor ſteep near a peck of Groats; put in the Groats as it boils, and let them boil a quarter of an hour; then take the Pot off the Fire, and cover it up very cloſe, and let it ſtand five or ſix hours; chop two or three handfuls of Thyme, a little Savory, ſome Parſley, and Penny-royal, ſome Cloves and Mace beaten, a handful of Salt; then mix all theſe with half the Groats, and two quarts of Blood; put in moſt part of the Leaf of the Hog; cut it in ſquare bits, like Dice, and ſome in long bits; fill your Guts, and put in the Fat as you like it; fill the Guts three quarters full; put your Puddings into a Kettle of boiling-water; let them boil an hour, and prick them with a Pin to keep them from breaking. Lay them on clean Straw when you take them up.

The other half of the Groats you may make into white Puddings for the Family; chop all the Meat very ſmall, and ſhred two handfuls of Sage very fine, an ounce of Cloves and Mace finely beaten, and ſome Salt; work all together very well with a little Flour, and put it into the large Guts: Boil them about an hour, and keep them and the Black near the Fire till uſed.

To make a Cheſnut Pudding.

TAKE a dozen and half of Cheſnuts, put them in a Skillet of Water, and ſet them on the Fire till they will blanch; then blanch them, and when cold, put them in cold Water; then ſtamp them in a Mortar, with Orange-flower Water and Sack, till they are very ſmall; mix them in two quarts of Cream, and eighteen yolks of Eggs, the whites of three or four; beat the Eggs with Sack, Roſe-water and Sugar; put it in a Diſh with Puff-paſte; ſtick in ſome Lumps of Marrow or freſh Butter, and bake it.

To make a brown-bread Pudding.

TAKE half a pound of brown-bread, and double the weight of it in Beef-ſuet; a quarter of a pint of Cream; the Blood of a Fowl, a whole Nutmeg, ſome Cinnamon, a ſpoonful of Sugar, ſix yolks of Eggs, three whites; mix it all well together, and boil it in a wooden Diſh two hours. Serve it with Sack and Sugar, and Butter melted.

To make a baked Sack Pudding.

TAKE a pint of Cream, and turn it to a Curd with Sack; then bruiſe the Curd very ſmall with a Spoon; then grate in two Naples-Biskets, or the Inſide of a ſtale penny-loaf, and mix it well with

with the Curd, and half a Nutmeg grated; ſome fine Sugar, and the yolks of four Eggs, the whites of two, beaten with two ſpoonfuls of Sack; then melt half a pound of freſh Butter, and ſtir all together till the Oven is hot. Butter a Diſh, and put it in, and ſift ſome Sugar over it, juſt as 'tis going into the Oven; half an hour will bake it.

To make a Marjoram Pudding.

TAKE the Curd of a quart of Milk finely broken, a good handful or more of Sweet-marjoram chopp'd as ſmall as Duſt, and mingle with the Curd five Eggs, but three Whites, beaten with Roſe-water, ſome Nutmeg and Sugar, and half a pint of Cream; beat all theſe well together, and put in three quarters of a pound of melted Butter; put a thin Sheet of Paſte at the bottom of your Diſh; then pour in your Pudding, and with a Spur, cut out little ſlips of Paſte the breadth of your little Finger, and lay them over croſs and croſs in large Diamonds; put ſome ſmall bits of Butter on the top, and bake it. *This is old-faſhioned, and not good.*

To make Pancakes.

TAKE a pint of Cream, and eight Eggs, Whites and all, a whole Nutmeg grated, and a little Salt; then melt a pound of rare diſh Butter, and a little Sack: Before you fry them, ſtir it in; it muſt be made as thick with three ſpoonfuls of Flour, as ordinary Batter, and fryed with Butter in the Pan, the firſt Pancake but no more: Strew Sugar, garniſh with Orange, turn it on the backſide of a Plate.

To make a Tanſey to bake.

TAKE twenty Eggs, but eight Whites, beat the Eggs very well, and ſtrain them into a quart of thick Cream, one Nutmeg, and three Naples-biskets grated, as much Juice of Spinage, with a ſprig or two of Tanſey, as will make it as green as Graſs, ſweeten it to your Taſte; then butter your Diſh very well, and ſet it into an Oven, no hotter than for Cuſtards; watch it, and as ſoon as 'tis done, take it out of the Oven, and turn it on a Pye-plate; ſcrape Sugar, and ſqueeze Orange upon it. Garniſh the Diſh with Orange and Lemon, and ſerve it up.

To make a Gooſeberry Tanſey.

PUT ſome freſh Butter in a Frying-pan, and when 'tis melted put into it a quart of Gooſeberries, and fry them till they are tender, and break them all to maſh; then beat ſeven Eggs, but four Whites, a pound of Sugar, three ſpoonfuls of Sack, as much Cream, a Penny-Loaf grated, and three ſpoonfuls of Flour; mix all theſe together, then put the Gooſeberries out of the Pan to them, and ſtir all well together, and put them into a Sauce-pan to thicken; then put Butter into the Frying-pan, and fry them brown: Strew Sugar on the top.

To make Curd Fritters.

TAKE a handful of Curds, and a handful of Flour, and ten Eggs well beaten and ſtrained, ſome Sugar, and ſome Cloves, Mace, and Nutmeg, a little Saffron; ſtir all well together, and fry them in very hot Beef-Dripping; drop them in

in the Pan by ſpoonfuls; ſtir them about till they are of a fine Yellow-brown; drain them from the Suet, and ſcrape Sugar on them, when you ſerve them up.

To make Fry'd Toaſts.

CHIP a Manchet very well, and cut it round ways into Toaſts; and then take Cream and eight Eggs, ſeaſoned with Sack, and Sugar, and Nutmeg; and let theſe Toaſts ſteep in it about an hour; then fry them in ſweet Butter, ſerve them up with plain melted Butter, or with Butter, Sack, and Sugar, as you pleaſe.

To make Apple Fritters.

TAKE the Yolks of eight Eggs, the Whites of four, beat them well together, and ſtrain them into a Pan; then take a quart of Cream, warm it as hot as you can endure your Finger in it; then put to it a quarter of a pint of Sack, three quarters of a pint of Ale, and make a Poſſet of it; when your Poſſet is cool, put to it your Eggs, beating them well together; then put in Nutmeg, Ginger, Salt, and Flour to your liking: Your Batter ſhould be pretty thick; then put in Pippins ſliced or ſcraped; fry them in good ſtore of hot Lard with a quick Fire.

To make an Apple Tanſey.

TAKE three Pippins, ſlice them round in thin ſlices, and fry them with Butter; then beat four Eggs, with ſix ſpoonfuls of Cream, a little Roſe-water, Nutmeg, and Sugar, and ſtir them together, and pour it over the Apples: Let it fry a little, and turn it with a Pye-Plate. Garniſh with Lemon and Sugar ſtrewed over it.

To

To make a Lemon Tart.

TAKE three clear Lemons, and grate off the outſide Rinds; take the Yolks of twelve Eggs, and ſix Whites; beat them very well, ſqueeze in the Juice of a Lemon; then put in three quarters of a pound of fine poudered Sugar, and three quarters of a pound of freſh Butter melted; ſtir all well together, put a ſheet of Paſte at the bottom, and ſift Sugar on the top; put it in a briſk Oven, three quarters of an hour will bake it: So ſerve it to the Table.

A Rye-bread Pudding.

TAKE half a pound of ſour Rye-bread grated, half a pound of Beef-ſuet finely ſhred, half a pound of Currants clean waſhed, half a pound of Sugar, a whole Nutmeg grated; mix all well together, with five or ſix Eggs: Butter a Diſh, boil it an hour and a quarter, and ſerve it up with melted Butter.

A baked Pudding.

BLANCH half a pound of Almonds, and beat them fine with ſweet Water, Ambergreaſe diſſolved in Orange-flower Water, or in ſome Cream; then warm a pint of thick Cream, and melt in it half a pound of Butter; then mix it with your beaten Almonds, a little Salt, grated Nutmeg, and Sugar, and the Yolks of ſix Eggs; beat it up together, and put it in a Diſh with Puff-paſte, the Oven not too hot; ſcrape Sugar on it juſt before it goes into the Oven.

To make a Cuſtard Pudding.

TAKE a pint of Cream, and mix with it ſix Eggs well beat, two ſpoonfuls of Flour, half a Nutmeg grated, a little Salt, and Sugar to your Taſte; butter a Cloth, put it in when the Pot boils; boil it juſt half an hour, melt Butter for Sauce.

To make an Almond Tourt.

BLANCH and beat half a pound of Jordan Almonds very fine; uſe Orange-flower Water in the beating your Almonds; pare the yellow Rind of a Lemon pretty thick; boil it in Water till 'tis very tender; beat it with half a pound of Sugar, and mix it with the Almonds, and eight Eggs, but four whites, half a pound of Butter melted, and almoſt cold, and a little thick Cream; mix all together, and bake it in a Diſh with Paſte at bottom. This may be made the day before 'tis uſed.

To make little Haſty Puddings, to boil in Cuſtard Diſhes.

TAKE a large pint of Milk, put to it four ſpoonfuls of Flour; mix it well together, and ſet it over the Fire, and boil it into a ſmooth Haſty Pudding; ſweeten it to your Taſte, grate Nutmeg in it, and when 'tis almoſt cold, beat five Eggs very well, and ſtir into it; then butter your Cuſtard-cups, put in your Stuff, and tye them over with a Cloth, put them in the Pot when the Water boils, and let them boil ſomething more than half an hour; pour on them melted Butter.

To make a Sweetmeat Pudding.

PUT a thin Puff-paſte at the bottom of your Diſh; then have of candied Orange and Lemon-peel, and Citron, of each an ounce; ſlice them thin, and put them in the bottom on your Paſte; then beat eight yolks of Eggs, and two whites, near half a pound of Sugar, and half a pound of Butter melted; mix and beat all well together, and when the Oven is ready, pour it on your Sweetmeats in the Diſh. An hour or leſs will bake it.

To make Carrot or Parſnip Puffs.

SCRAPE and boil your Carrots or Parſnips tender; then ſcrape or maſh them very fine, add to a pint of Pulp the Crum of a Penny-Loaf grated, or ſome ſtale Bisket if you have it, eight Eggs, but four whites, a Nutmeg grated, ſome Orange-flower Water, Sugar to your Taſte, a little Sack, and mix it up with thick Cream: They muſt be fried in rendered Suet, the Liquor very hot when you put them in, put in a good ſpoonful in a Place.

To make New-College Puddings.

GRATE a penny ſtale Loaf, and put to it a like quantity of Beef-ſuet finely ſhred, and a Nutmeg grated, a little Salt, ſome Currants, and then beat ſome Eggs in a little Sack, and ſome Sugar, and mix all together, and knead it as ſtiff as for Manchet, and make it up in the Form and Size of a Turkey-Egg, but a little flatter; then take a pound of Butter, and put it in a Diſh, and ſet the Diſh over a clear Fire in a Chafing-Diſh,

and

and rub your Butter about the Diſh till 'tis melted; put your Puddings in and cover the Diſh, but often turn your Puddings, until they are all brown alike, and when they are enough, ſcrape Sugar over them, and ſerve them up hot for a ſide Diſh.

You muſt let the Paſte lye a quarter of an hour before you make up your Puddings.

To make an Oatmeal Pudding.

TAKE a pint of great Oatmeal, beat it very ſmall, then ſift it fine; take a quart of Cream, boil it and your Oatmeal together, ſtirring it all the while until it is pretty thick; then put it in a Diſh, and cover it cloſe, and let it ſtand a little; then put into it a pound and half of freſh Butter, and let it ſtand two hours before you ſtir it; put to it twelve Eggs, a Nutmeg grated, a little Salt, ſweeten it to your Taſte, a little Sack, or Orange-flower water; ſtir all very well together, put Paſte at the bottom of your Diſh, and put in your Pudding-ſtuff, the Oven not too hot; an hour will bake it.

To make fine Fritters.

TAKE half a pint of thick ſweet Cream, put to it four Eggs well beaten, a little Brandy, ſome Nutmeg and Ginger; make this into a thick Batter with Flour; your Apples muſt be Golden-Pippins pared and cut in thin ſlices, dip them in the Batter, and fry them in Lard. It will take up two pounds of Lard to fry this quantity.

To make a Marrow Pudding.

TAKE a quart of Cream, and three Naples-Biskets grated, a Nutmeg grated, the yolks of ten Eggs, the whites of five well beaten, and Sugar to your Taſte; mix all well together, and put a little bit of Butter in the bottom of your Sauce-pan; then put in your Stuff, and ſet it over the Fire, and ſtir it till 'tis pretty thick; then pour it into your Pan, with a quarter of a pound of Currants that have been plumpt in hot water; ſtir it together, and let it ſtand all Night. The next Day put ſome fine Paſte rolled very thin at the bottom of your Diſh, and when the Oven is ready, pour in your Stuff, and on the top lay large pieces of Marrow. Half an hour will bake it.

To make a fine Bread Pudding.

TAKE three pints of Milk and boil it; when 'tis boiled, ſweeten it with half a pound of Sugar, a ſmall Nutmeg grated, and put in half a pound of Butter; when 'tis melted, pour it in a Pan, over eleven ounces of grated Bread; cover it up. The next Day put to it ten Eggs well beaten; ſtir all together, and when the Oven is hot, put it in your Diſh; three quarters of an hour will bake it. Boil a bit of Lemon-peel in the Milk, take it out before you put your other things in.

To make the Spread-Eagle Pudding.

CUT off the Cruſt of three Half-penny Rolls, then ſlice them into your Pan; then ſet three pints of Milk over the Fire, make it ſcalding hot, but not boil; ſo pour it over your Bread and

and cover it cloſe, and let it ſtand an hour; then put in a good ſpoonful of Sugar, a very little Salt, a Nutmeg grated, a pound of Suet after 'tis ſhred, half a pound of Currants waſhed and picked, four ſpoonfuls of cold Milk, ten Eggs, but five of the whites; and when all is in, ſtir it, but not till all is in; then mix it well, butter a Diſh. Leſs than an hour will bake it.

To make a very fine Plain Pudding.

TAKE a quart of Milk, and put in ſix Laurel-leaves into it; when it has boiled a little, take out your Leaves, and with fine Flour make that Milk into a Haſty-pudding pretty thick; then ſtir in half a pound of Butter more, than a quarter of a pound of Sugar, a ſmall Nutmeg grated, twelve yolks, ſix whites of Eggs well beaten; mix and ſtir all well together, butter a Diſh, and put in your Stuff: A little more than half an hour will bake it.

A fine Rice Pudding.

TAKE of the Flour of Rice ſix ounces, put it in a quart of Milk, and let it boil till 'tis pretty thick, ſtirring it all the while; then pour it in a Pan, and ſtir in it half a pound of freſh Butter, and a quarter of a pound of Sugar, or ſweeten it to your Taſte; when 'tis cold, grate in a Nutmeg, and beat ſix Eggs with a ſpoonful or two of Sack, and beat and ſtir all well together; put a little fine Paſte at the bottom of your Diſh, and bake it.

To make a Ratafia Pudding.

TAKE a quart of Cream, boil it with four or five Laurel-leaves; then take them out and break in half a pound of Naples-bisket, half a pound of Butter, some Sack, Nutmeg, and Salt, take it off the Fire, cover it up; when 'tis almost cold put in two ounces of Almonds blanched, and beaten fine, and the yolks of five Eggs; mix all well together, and bake it in a moderate Oven half an hour. Scrape Sugar on it as it goes into the Oven.

All

All Sorts of PASTRY.

To make a Tureiner.

TAKE a China Pot or Bowl, and fill it as follows: At the bottom lay ſome freſh Butter; then put in three or four Beef-ſteaks larded with Bacon; then cut ſome Veal Steaks from the Leg; hack them, and waſh them over with the yolk of an Egg, and afterwards lay it all over with Forc'd-meat, and roll it up, and lay it in with young Chickens, Pigeons, and Rabbets, ſome in quarters, ſome in halves; Sweet-breads, Lamb-ſtones, Coxcombs, Palates after they are boiled, peeled, and cut in ſlices, Tongues either Hogs or Calf's ſliced, and ſome larded with Bacon, whole yolks of hard Eggs, Piſtachia Nuts peeled, forced Balls, ſome round, ſome like an Olive, Lemon ſliced, ſome with the Rind on, Barberries and Oyſters; ſeaſon all theſe with Pepper, Salt, Nutmeg, and Sweet-herbs mix'd together after they are cut very ſmall, and ſtrew it on every Thing as you put it in your Pot: Then put in a quart of Gravy, and ſome Butter on the top, and cover it cloſe with a Lid of Puff-paſte, pretty thick. Eight hours will bake it.

A Batalia Pye, or Bride Pye.

TAKE young Chickens as big as black Birds, Quails, young Partridges, and Larks, and ſquab Pigeons; truſs them, and put them in your Pye; then have Ox-Palates boiled, blanched, and cut in pieces, Lamb-ſtones, Sweet-breads, cut in halves or quarters, Coxcombs blanched, a quart of Oyſters dipped in Eggs, and dredged over with grated Bread, Marrow. Having ſo done, Sheep's Tongues boiled, peeled, and cut in ſlices; ſeaſon all with Salt, Pepper, Cloves, Mace, and Nutmegs, beaten and mix'd together; put Butter at the bottom of the Pye, and place the reſt in with yolks of hard Eggs, Knots of Eggs, Cocks-ſtones and Treads, Forc'd-meat Balls; cover all with Butter, and cover up the Pye; put in five or ſix ſpoonfuls of Water when it goes into the Oven, and when 'tis drawn, pour it out and put in Gravy.

To make an Oyſter Pye.

MAKE good Puff-paſte, and lay a thin Sheet in the bottom of your Pattipan; then take two quarts of large Oyſters, waſh them well in their own Liquor, and take them out of it, and dry them, and ſeaſon them with Salt and Spice, and a little Pepper, all beaten fine, lay ſome Butter in the bottom of your Pattipan, then lay in your Oyſters, and the yolks of twelve hard Eggs whole, two or three Sweet-breads cut in ſlices, or Lamb-ſtones, or in want of theſe a dozen of Larks, two Marrow-bones, the Marrow taken out in Lumps, dipped in the yolks of Eggs, and ſeaſoned as you did your Oyſters, and ſome grated Bread duſted on it, and a few Forc'd-meat Balls: When all theſe are in, put ſome Butter on the top, and

and cover it over with a Sheet of Puff-paſte, and bake it: When 'tis drawn out of the Oven, take the Liquor of the Oyſters, and boil it and ſcum it, and beat it up thick with Butter, and the yolks of two or three Eggs, and pour it hot into your Pye, and ſhake it well together, and ſerve it hot.

To make Egg Pyes.

TAKE the yolks of two dozen of Eggs boiled hard, and chopp'd with double the quantity of Beef-ſuet, and half a pound of Pippins pared, cored and ſliced; then add to it one pound of Currants waſhed and dried, half a pound of Sugar, a little Salt, ſome Spice beaten fine, the Juice of a Lemon, and half a pint of Sack, candied Orange and Citron, cut in pieces, of each three ounces, ſome Lumps of Marrow on the top, fill them full: The Oven muſt not be too hot: Three quarters of an hour will bake them; put the Marrow only on them that are to be eaten hot.

To make a Lumber Pye.

TAKE a pound and half of Veal, parboil it and when 'tis cold chop it very ſmall, with two pound of Beef-ſuet, and ſome candied Orange-peel; ſome Sweet-herbs, as Thyme, Sweet-marjoram, and a handful of Spinage; mince the Herbs ſmall before you put them to the other: So chop all together, and a Pippin or two; then add a handful or two of grated Bread, a pound and half of Currants, waſhed and dried; ſome Cloves, Mace, Nutmeg, a little Salt, Sugar and Sack, and put to all theſe as many yolks of raw Eggs, and whites of two as will make it a moiſt Forc'd-meat; work it with your Hands into a Body, and make it into Balls as big as a Turkey's Egg; then having

your Coffin made, put in your Balls. Take the Marrow out of three or four Bones as whole as you can: Let your Marrow lie a little in Water to take out the Blood and Splinters; then dry it, and dip it in yolks of Eggs; season it with a little Salt, Nutmeg grated, and grated Bread; lay it on and between your Forc'd-meat Balls, and over that sliced Citron, candied Orange and Lemon, Eringoe-roots preserved, Barberries; then lay on sliced Lemon, and thin slices of Butter over all; then lid your Pye, and bake it, and when 'tis drawn, have in readiness a Cawdle made of White-wine and Sugar, and thickened with Butter and Eggs, and pour it hot into your Pye.

To make little Pasties to fry.

TAKE the Kidney of a Loin of Veal, or Lamb Fat and all; shred it very small; season it with a little Salt, Cloves, Mace, Nutmegs, all beaten small, some Sugar, and the yolks of two or three hard Eggs, minced very fine; mix all these together with a little Sack or Cream; put them in Puff-paste and fry them: serve them hot.

To make Custards.

TAKE two quarts of thick sweet Cream; boil it with some bits of Cinnamon, and a quartered Nutmeg; keep it stirring all the while, and when it has boiled a little time, pour it into a Pan to cool, and stir it till 'tis cool, to keep it from scumming; then beat the yolks of sixteen Eggs, the whites of but six, and mix your Eggs with the Cream when 'tis cool, and sweeten it with fine Sugar to your Taste, put in a very little Salt and some Rose or Orange-flower-water; then strain all through a hair Sieve, and fill your Cups or Crust.

It

It muſt be a pretty quick Oven, when they boil up they are enough.

To make Cheeſe-Cakes.

TAKE a pint of Cream, and warm it, and put it to five quarts of Milk warm from the Cow; then put Rennet to it, and when it is come, put the Curd in a Linnen Bag or Cloth, and let it drain well from the Whey, but do not ſqueeze it much; then put it in a Mortar, and break the Curd as fine as Butter; then put to your Curd half a pound of Almonds blanched, and beaten exceeding fine, (or half a pound of dry Mackeroons beat very fine,) if you have Almonds grate in a Naples-biſket, but if you uſe Mackaroons, you need not; then add to it the yolks of nine Eggs beaten, a whole Nutmeg grated, two perfumed Plumbs diſſolved in Roſe or Orange-flower-water, half a pound of fine Sugar, mix all well together; then melt a pound and quarter of Butter, and ſtir it well in it, and half a pound of Currants plumped; ſo let it ſtand to cool till you uſe it.

Then make your Puff-paſte thus: Take a pound of fine Flour, and wet it with cold Water, roll it out, and put into it by degrees a pound of freſh Butter; uſe it juſt as 'tis made.

Another way to make Cheeſe-Cakes.

TAKE a gallon of new Milk, ſet it as for a Cheeſe, and gently whey it; then break it in a Mortar, put to it the yolks of ſix Eggs, four of the whites, ſweeten it to your Taſte; put in a grated Nutmeg, ſome Roſe-water and Sack; mix theſe together, and ſet over the Fire a quart of Cream, and make it into a Haſty-Pudding, and

mix

mix that with it very well, and fill your Pattipans juſt as they are going into the Oven. Your Oven muſt be ready that you may not ſtay for that; when they riſe well up, they are enough. Make your Paſte thus:

Take about a pound of Flour, and ſtrew into it three ſpoonfuls of Loaf-Sugar beaten and ſifted, and rub into it a pound of Butter, one Egg, and a ſpoonful of Roſe-water, the reſt cold fair Water; make it into a Paſte, roll it very thin, and put it into your Pans, and fill them almoſt full.

Paſte for Paſties.

RUB ſix pounds of Butter into fourteen pounds of Flour; put to it eight Eggs, whip the whites to Snow, and make it in a pretty ſtiff Paſte, with cold Water.

To make Cheeſe-Cakes without Rennet.

TAKE a quart of thick Cream, and ſet it over a clear Fire with ſome quartered Nutmeg in it; juſt as it boils up, put in twelve Eggs well beaten, and a quarter of a pound of freſh Butter; ſtir it a little while on the Fire, till it begins to curdle; then take it off, and gather the Curd as for Cheeſe; put it in a clean Cloth, tye it together, and hang it up that the Whey may run from it; when 'tis pretty dry, put it in a ſtone Mortar, with a pound of Butter, a quarter of a pint of thick Cream, ſome Sack and Orange-flower-water, and half a pound of fine Sugar; then beat and grind all theſe very well together for an hour or more till 'tis very fine, then paſs it through a hair Sieve, and fill your Pattipans but half full. You may put Currants in half the quantity, if you pleaſe: A little more than a quarter of an hour will bake them.

them. Take the Nutmeg out of the Cream when 'tis boiled.

To make Orange or Lemon Tarts.

TAKE ſix large Lemons, and rub them very well with Salt, and put them in Water for two days, with a handful of Salt in it; then change them into freſh Water without Salt every other day for a fortnight; then boil them for two or three hours till they are tender, then cut them into half quarters, and then cut them thus  as thin as you can, then take ſix Pippins pared, cored, and quartered, and a pint of fair Water, let them boil till the Pippins break: Put the Liquor to your Orange or Lemon, and half the Pippin well broken, and a pound of Sugar, boil theſe together a quarter of an hour; then put it in a Gally-pot, and ſqueeze an Orange in it, if it be Lemon, or a Lemon if 'tis Orange, two ſpoonfuls is enough for a Tart: Your Pattipans muſt be ſmall and ſhallow; put fine Puff-paſte, and very thin; a little while will bake it. Juſt as your Tarts are going into the Oven, with a Feather or Bruſh do them over with melted Butter, and then ſift double-refined Sugar on them, and this is a pretty Icing on them.

To make Puff-paſte for Tarts.

RUB a quarter of a pound of Butter into a pound of fine Flour; then whip the whites of two Eggs to Snow, and with cold Water, and one yolk make it into a Paſte; then roll it abroad, and put in by degrees a pound of Butter, flowering it over the Butter every time, and roll it up, and roll it out again, and put in more Butter: So do for ſix or ſeven times till it has taken up all the

pound

pound of Butter. This Paſte is good for Tarts, or any ſmall things.

Apple Paſties to fry.

PARE and quarter Apples, and boil them in Sugar and Water, and a Stick of Cinnamon, and when tender, put in a little White-wine, the Juice of a Lemon, a piece of freſh Butter, and a little Ambergreaſe or Orange-flower-water; ſtir all together, and when 'tis cold, put it in Puff-paſte, and fry them.

To ſeaſon and bake a Veniſon Paſty.

BONE your Haunch or Side of Veniſon, and take out all the Sinews and Skin; then proportion it for your Paſty, by taking away from one part, and adding to another, till 'tis of an equal thickneſs; then ſeaſon it with Pepper and Salt, about an ounce of Pepper; ſave a little of it whole, and beat the reſt, and mix with twice as much Salt, and rub it all over your Veniſon, and let it lie till your Paſte is ready. Make your Paſte thus: A peck of fine Flower, ſix pounds of Butter, a dozen of Eggs; rub your Butter in your Flower; beat your Eggs, and with them and cold Water make up your Paſte pretty ſtiff; then drive it forth for your Paſty; let it be the thickneſs of a Man's Thumb; put under it two or three Sheets of Cap-Paper well floured: Then have two pounds of Beef-ſuet, ſhred exceeding fine; proportion it on the bottom to the breadth of your Veniſon, and leave a Verge round your Veniſon three Fingers broad; waſh that Verge over with a bunch of Feathers or Bruſh dipped in an Egg beaten, and then lay a Border of your Paſte on the place you waſhed, and lay your Veniſon on the Suet;

Suet; put a little of your Seasoning on the top, and a few corns of whole Pepper, and two pounds of very good fresh Butter; then turn over your other Sheet of Paste, so close your Pasty. Garnish it on the top as you think fit; vent it in the middle, and set it in the Oven. It will ask five or six hours baking: Then break all the Bones, wash them and add to them more Bones, or Knuckles; season them with Pepper and Salt, and put them with a quart of Water, and half a pound of Butter in a Pan or earthen Pot; cover it over with coarse Paste, and set it in with your Pasty, and when your Pasty is drawn and dished, fill it up with the Gravy that came from the Bones.

To make a savoury Lamb Pie.

SEASON your Lamb with Pepper, Salt, Cloves, Mace and Nutmeg: so put it into your Coffin with a few Lamb-stones, and Sweet-breads seasoned as your Lamb, also some large Oisters, and savoury Forc'd-meat Balls, hard yolks of Eggs, and the tops of Asparagus two inches long, first boiled green; then put Butter all over the Pie, and lid it, and set it in a quick Oven an hour and half; then make the Liquor with Oister Liquor, as much Gravy, a little Claret, with one Anchovy in it, a grated Nutmeg. Let these have a boil, thicken it with the yolks of two or three Eggs, and when the Pie is drawn pour it in hot.

To make a sweet Lamb Pie.

CUT your Lamb into small pieces, and season it with a little Salt, Cloves, Mace and Nutmeg: your Pie being made, put in your Lamb or Veal; strew on it some stoned Raisins and Currants and some Sugar; then lay on it some Forc'd-meat

meat Balls made ſweet, and in the Summer ſome Artichoke bottoms boiled, and ſcalded Grapes in the Winter. Boil *Spaniſh* Potatoes cut in pieces; candied Citron, candied Orange and Lemon peel, and three or four large blades of Mace; put Butter on the top; cloſe up your Pie and bake it. Make the Caudle of White-wine, Juice of Lemon and Sugar: thicken it with the yolks of two or three Eggs, and a bit of Butter; and when your Pye is baked, pour in the Caudle as hot as you can, and ſhake it well in the Pye, and ſerve it up.

A ſweet Chicken Pye.

TAKE five or ſix ſmall Chickens, pick, draw and truſs them for baking; ſeaſon them with Cloves, Mace, Nutmeg, Cinnamon, and a little Salt; wrap up ſome of the Seaſoning in Butter, and put it in their bellies; and your Coffin being made, put them in; put over and between them pieces of Marrow, *Spaniſh* Potatoes and Cheſnuts, both boiled, peeled, and cut, a handful of Barberies ſtript, a Lemon ſliced, ſome Butter on the top; ſo cloſe up the Pye and bake it, and have in readineſs a Caudle made of White-wine, Sugar, Nutmeg; beat it up with yolks of Eggs and Butter; have a care it does not curdle; pour the Caudle in, ſhake it well together, and ſerve it up hot.

Another Chicken Pie.

SEASON your Chicken with Pepper, Salt, Cloves, Mace, Nutmeg, a little ſhred Parſley, and Thyme mixed with the other Seaſoning; wrap up ſome in Butter, and put in the Bellies of the Chickens, and lay them in your Pie; ſtrew

over them Lemon cut like Dice; a handful of ſcalded Grapes, Artichoke-bottoms in quarters: So put Butter on it, and cloſe it up; when 'tis baked, put in a Lear of Gravy, with a little White-wine, a grated Nutmeg, thicken it up with Butter, and two or three Eggs, ſhake it well together, ſerve it up hot.

To make an Olioe Pie.

MAKE your Pye ready; then take the thin Collops of the but-end of a Leg of Veal, as many as you think will fill your Pye; hack them with the back of a Knife, and ſeaſon them with Pepper, Salt, Cloves, and Mace; waſh over your Collops with a bunch of Feathers dipped in Eggs, and have in readineſs a good handful of Sweet-herbs ſhred ſmall; the Herbs muſt be Thyme, Parſley, and Spinage; and the yolks of eight hard Eggs minced, and a few Oiſters parboiled and chopt; ſome Beef-ſuet ſhred very fine. Mix theſe together, and ſtrew theſe over your Collops, and ſprinkle a little Orange-flower-water on them, and roll the Collops up very cloſe, and lay them in your Pye, ſtrewing the Seaſoning that is left over them, put Butter on the top, and cloſe up your Pye; when 'tis drawn, put in Gravy, and one Anchovy diſſolved in it, and pour it in very hot: And you may put in Artichoke-bottoms and Cheſnuts, if you pleaſe, or ſliced Lemon, or Grapes ſcalded, or what elſe is in ſeaſon; but if you will make it a right Savoury Pie leave them out.

To make a Florendine of Veal.

TAKE the Kidney of a Loin of Veal fat and all, and mince it very fine; then chop a few Herbs, and put to it, and add a few Currants;

rants; ſeaſon it with Cloves, Mace, Nutmeg, and a little Salt; and put in ſome yolks of Eggs, and a handful of grated Bread, a Pippin or two chopt, ſome candied Lemon-peel minced ſmall, ſome Sack, Sugar, and Orange-flower-water. Put a ſheet of Puff-paſte at the bottom of your Diſh; put this in, and cover it with another; cloſe it up, and when 'tis baked, ſcrape Sugar on it; ſerve it hot.

Another made Diſh.

TAKE half a pound of Almonds, blanch and beat them very fine; put to them a little Roſe or Orange-flower-water in the beating; then take a quart of ſweet thick Cream, and boil it with whole Cinnamon, and Mace, and quartered Dates; ſweeten your Cream with Sugar to your Taſte, and mix it with your Almonds, and ſtir it well together, and ſtrain it out through a Sieve. Let your Cream cool, and thicken it with the yolks of ſix Eggs; then garniſh a deep Diſh, and lay Paſte at the bottom, and then put in ſliced Artichoke-bottoms, being firſt boiled, and upon that a Layer of Marrow, ſliced Citron, and candied Orange; ſo do till your Diſh is near full; then pour in your Cream, ſo bake it without a Lid; when 'tis baked, ſcrape Sugar on it, and ſerve it up hot. Half an hour will bake it.

To make an Artichoke Pye.

BOIL the Bottoms of eight or ten Artichokes; ſcrape and make them clean from the Core; cut each of them into ſix Parts; ſeaſon them with Cinnamon, Nutmeg, Sugar, and a little Salt; then lay your Artichokes in your Pye. Take the Marrow of four or five Bones, dip your Marrow in yolks of Eggs and grated Bread, and ſeaſon it

as

as you did your Artichokes, and lay it on the top and between your Artichokes; then lay on sliced Lemon, Barberies, and large Mace; put Butter on the top, and close up your Pye; then make your Lear of White-wine, Sack and Sugar; thicken it with yolks of Eggs, and a bit of Butter; when your Pye is drawn, pour it in, shake it together; and serve it hot.

To make a Skirret Pye.

Boil your biggest Skirrets, and blanch them and season them with Cinnamon, Nutmeg, and a very little Ginger and Sugar. Your Pye being ready, lay in your Skirrets; season also the Marrow of three or four Bones with Cinnamon, Sugar, a little Salt, and grated Bread. Lay the Marrow in your Pye, and the yolks of twelve hard Eggs cut in halves, a handful of Chesnuts boiled and blanched, and some candied Orange-peel in Slices. Lay Butter on the top, and lid your Pye. Let your Caudle be White-wine, Verjuice, some Sack and Sugar; thicken it with the yolks of Eggs, and when the Pye is baked, pour it in, and serve it hot. Scrape Sugar on it.

To make a Turbot Pye.

Gut, and wash, and boil your Turbot; then season it with a little Pepper and Salt, Cloves, Mace, and Nutmeg, and Sweet-herbs shred fine; then lay it in your Pye, or Pattipan, with the yolks of six Eggs boiled hard; a whole Onion, which must be taken out when 'tis baked. Put two Pounds of fresh Butter on the top; close it up; when 'tis drawn, serve it hot or cold: 'Tis good either way.

To make a Chervil or Spinage Tart.

SHRED a gallon of Spinage or Chervil very small; put to it half a pound of melted Butter, the Meat of three Lemons picked from the Skins or Seeds; the Rind of two Lemons grated, a pound of Sugar; put this in a Dish or Pattipan with Puff-paste on the bottom and top, and so bake it; when 'tis baked, cut off the Lid, and put Cream or Custard over it as you do Codlin Tarts; Scrape Sugar over it. Serve it cold. This is good among other Tarts in the Winter for Variety.

To make Lemon Cheesecakes.

TAKE the Peel of two large Lemons, boil it very tender; then pound it well in a Mortar, with a quarter of a pound or more of Loaf-sugar, the yolks of six Eggs, and half a pound of fresh Butter; pound and mix all well together, and fill the Pattipans but half full; Orange Cheese-cakes are done the same way; only you must boil the Peel in two or three Waters to take out the bitterness.

A Fish Pye.

TAKE of Soles or thick Flounders, gut and wash them, and just put them in scalding Water to get off the black Skin; then cut them in Scollops or Indentured, so that they will join and lye in the Pye, as if they were whole. Have your Pattipan in readiness with Puff-paste in the bottom and a Layer of Butter on it; then season your Fish with a little Pepper and Salt, Cloves, Mace, and Nutmeg, and lay it in your Pattipan, joining the pieces together as if the Fish had not been cut; then put in Forc'd-balls made with Fish,

slices

ſlices of Lemon with the Rind on, whole Oiſters, whole yolks of hard Eggs, and pickled Barberies; then lid your Pye and bake it; when 'tis drawn make a Caudle of Oyſter Liquor and White-wine thickened up with yolks of Eggs and a bit of Butter; ſerve it hot.

To make Marrow Paſties.

MAKE your little Paſties the length of a Finger, and as broad as two Fingers; put in large pieces of Marrow, dipped in Eggs and ſeaſoned with Sugar, Cloves, Mace, and Nutmeg; ſtrew a few Currants on the Marrow. Bake or fry them.

To make Mince-pyes of Veal.

FROM a Leg of Veal cut off four pounds of the fleſhy part in thick pieces, and put them in ſcalding Water, and let it juſt boil; then cut the Meat in ſmall thin pieces and skin it: It muſt be four pounds after 'tis ſcalded and skinned; to this quantity put nine pounds of Beef-ſuet well skinned, and ſhred them very well and fine with eight Pippins pared and cored, and four pounds of Raiſins of the Sun ſtoned; when 'tis ſhred very fine, put it in a large Pan or on a Table to mix, and put to it one ounce of Nutmegs grated, half an ounce of Cloves, as much Mace, a large ſpoonful of Salt, above a pound of Sugar, the Peel of a Lemon ſhred exceeding fine; when you have ſeaſoned it to your Palate, put in ſeven pounds of Currants, and two pounds of Raiſins ſtoned and ſhred. When you fill your Pies, put into every one ſome ſhred Lemon with its Juice, ſome candied Lemon-peel and Citron in ſlices, and juſt as the Pies go into the Oven, put into every one a

ſpoonful of Sack and a ſpoonful of Claret, ſo bake them.

To make buttered Loaves to eat hot.

TAKE eleven yolks of Eggs beat well, five ſpoonfuls of Cream, and a good ſpoonful of Ale yeaſt; ſtir all theſe together with Flour till it comes to a lithe Paſte, not too ſtiff; work it well, cover it with a Cloth. Lay it before the Fire to riſe a quarter of an hour; when 'tis well riſen make it in a Roll, and cut it in five pieces, and make them into Loaves, and flat them down a little or they will riſe too much; put them into an Oven as hot as for Manchet, and when they are taken out of the Oven, have at leaſt a pound of Butter beaten with Roſe-water and Sugar to your Taſte. Cut all the Loaves open at top, and pour the Butter in them, and ſerve them hot to Table.

To make Cheeſecakes without Curd.

BEAT two Eggs very well; then put as much Flour as will make them thick; then beat three Eggs more very well, and put to the other with a pint of Cream, and half a pound of Butter. Set it over the Fire, and when it boils put in your two Eggs and Flour, and ſtir them well, and let them boil till they be pretty thick; then take it off the Fire, and ſeaſon it with Sugar, a little Salt, and Nutmeg; put in Currants, and bake them in Pattipans as you do others.

To make a Cabbage Lettice Pye.

TAKE ſome of the largeſt and hardeſt Cabbage-Lettice you can get; boil them in Salt and Water till they are tender; then lay them in

a Colander to drain dry; then have your Paste laid in your Pattipan ready, and lay Butter on the bottom; then lay in your Lettice and some Artichoke-bottoms, and some large pieces of Marrow, and the yolks of eight hard Eggs, and some scalded Sorrel; bake it, and when it comes out of the Oven, cut open the Lid, and pour in a Caudle made with White-wine and Sugar, and thickened with Eggs; so serve it hot.

To make the light Wigs.

TAKE a pound and half of Flour, and half a pint of Milk made warm; mix these together and cover it up, and let it lye by the Fire half an hour; then take half a pound of Sugar, and half a pound of Butter; then work these in the Paste, and make it into Wigs, with as little Flour as possible. Let the Oven be pretty quick, and they will rise very much.

To make little Plum-cakes.

TAKE two pounds of Flour dried in the Oven, and half a pound of Sugar finely powdered, four yolks of Eggs, two whites, half a pound of Butter washed with Rose-water, six spoonfuls of Cream warmed, a pound and half of Currants unwashed, but picked and rubbed very clean in a Cloth; mix all together and make them up in Cakes, and bake them in an Oven almost as hot as for Manchet. Let them stand half an hour till they be coloured on both sides; then take down the Oven-lid, and let them stand a little to soak.

To make Puff-paste.

To a Peck of Flour, you must have three quarters the weight in Butter; dry your Flour well, and lay it on a Table; make a hole, and put in it a dozen whites of Eggs well beaten, but first break into it a third part of your Butter; then with Water make up your Paste; then roll it out, and by degrees put in the rest of your Butter.

To make a Hare Pye.

Skin your Hare, wash her, and dry her, and bone her; season the Flesh with Pepper, Salt, and Spice, and beat it fine in a stone Mortar. Do a young Pig at the same time, and in the same manner; then make your Pye, and lay a Layer of Pig, and a Layer of Hare till 'tis full; put Butter at the bottom and on the top. Bake it three hours; 'tis good hot or cold.

To Ice Tarts.

Take a little yolk of Egg, and melted Butter, beat it very well together, and with a Feather wash over your Tarts and sift Sugar on them just as you put them in the Oven.

To make an Olive Pie.

Take a Fillet of Veal; cut it in large thin slices, and beat it with a Rolling-pin. Have ready some Forc'd-meat, made with Veal, and Suet, grated Bread, grated Lemon-peel, some Nutmeg, the yolks of two or three hard Eggs; spread the Forc'd-meat all over your Collops, and roll them

them up, and place them in your Pye with yolks of hard Eggs, lumps of Marrow, and ſome Water. So lid it and bake it, and when 'tis baked, put in a Caudle of ſtrong Gravy, White-wine, and Butter.

To make very good Wigs.

TAKE a quarter of a Peck of the fineſt Flour, rub into it three quarters of a pound of freſh Butter, till 'tis like grated Bread, ſomething more than half a pound of Sugar, half a Nutmeg, and half a Race of Ginger grated; three Eggs, yolks and whites beaten very well, and put to them half a pint of thick Ale-yeaſt, and three or four ſpoonfuls of Sack. Make a hole in your Flour, and pour in your Yeaſt and Eggs, and as much Milk juſt warm, as will make it into a light Paſte. Let it ſtand before the Fire to riſe half an hour; then make it into a dozen and half of Wigs; waſh them over with Egg juſt as they go into the Oven; a quick Oven, and half an hour will bake them.

To make Almond Cheeſe-cakes.

TAKE a good handful or more of Almonds, blanch them in warm Water, and throw them into cold; pound them fine, and in the pounding put a little Sack or Orange-flower Water to keep them from oiling; then put to your Almonds the Yolks of two hard Eggs, and beat them together: Beat the Yolks of ſix Eggs, the Whites of three, and mix with your Almonds, and half a pound of Butter melted, and Sugar to your Taſte; mix all well together, and uſe it as other Cheeſe-cake Stuff.

To make a Lumber Pye.

PARBOIL the Umbles of a Deer, clear all the Fat from them, and put more than their weight in Beef-ſuet, and ſhred it together very ſmall; then put to it half a pound of Sugar, and ſeaſon with Cloves, Mace, Nutmeg, Salt to your Taſte; and put in a pint of Sack, and half as much Claret, and two pounds of Currants, waſhed and picked; mix all well together, and bake it in Puff or other Paſte.

To make Lemon Cheeſe-cakes.

TAKE two large Lemons, grate off the Peel of both, and ſqueeze out the Juice of one; add to it half a pound of fine Sugar, twelve Yolks of Eggs, eight Whites well beaten; then melt half a pound of Butter in four or five ſpoonfuls of Cream; then ſtir it all together, and ſet it over the Fire, ſtirring it till it begins to be pretty thick; then take it off, and when 'tis cold, fill your Pattipans little more than half full; put a fine Paſte very thin at the bottom of the Pattipans; half an hour with a quick Oven, will bake them.

To make Cream Cheeſe with old Cheſhire.

TAKE a pound and half of old Cheſhire Cheeſe, ſhave it all very thin, then put it in a Mortar, and add to it a quarter of an ounce of Mace beaten fine and ſifted, half a pound of freſh Butter, and a glaſs of Sack; mix and beat all theſe together till they are perfectly incorporated; then put it in a Pot, what thickneſs you pleaſe, and cut it out in Slices for Cream Cheeſe, and ſerve it with the Deſert.

All

All Sorts of CAKES.

To make a rich great Cake.

TAKE a peck of Flour well dried, an ounce of Cloves and Mace, half an ounce of Nutmegs, as much Cinnamon; beat the Spice well, and mix them with your Flour, and a pound and half of Sugar, and a little Salt, and thirteen pounds of Currants well waſhed, picked, and dried, and three pounds of Raiſins ſtoned, and cut into ſmall pieces; mix all theſe very-well together; then make five pints of Cream almoſt ſcalding hot, and put into it four pounds of freſh Butter; then beat the Yolks of twenty Eggs, three pints of good Ale-yeaſt, a pint of Sack, a Quarter of a pint of Orange-flower Water, three grains of Muſk, and ſix grains of Amber-greaſe: Mix theſe together, and ſtir them into your Cream and Butter; then mix all in the Cake, and ſet it an hour before the Fire to riſe, before you put it into your Hoop; mix your Sweetmeats in it, two pounds of Citron, and one pound of candied Orange and Lemon-peel cut in ſmall pieces: You muſt bake it in a deep Hoop, butter the ſides, and put two Papers at the bottom, and flour it and put in your Cake; it muſt have a quick Oven, four hours will bake it: When 'tis drawn Ice it over the top and ſides. Take

two

two pounds of double-refined Sugar beat and ſifted, and the Whites of ſix Eggs beaten to a Froth, with three or four ſpoonfuls of Orange-flower Water, and three grains of Musk and Amber-greaſe together; put all theſe in a Stone Mortar, and beat them with a wooden Peſtle till 'tis as white as Snow, and with a bruſh or bunch of Feathers, ſpread it all over the Cake, and put it in the Oven to dry; but take care the Oven does not diſcolour it; when 'tis cold paper it, it will keep good five or ſix Weeks.

A good Seed Cake.

TAKE five pounds of fine Flour well dried, and four pounds of ſingle-refined Sugar beaten and ſifted; mix the Sugar and Flour together, and ſift them through a Hair-ſieve; then waſh four pounds of Butter in eight ſpoonfuls of Roſe or Orange-flower Water; you muſt work the Butter with your Hand, till 'tis like Cream; beat twenty Eggs, half the Whites, and put to them ſix ſpoonfuls of Sack; then put in your Flour a little at a time, keeping ſtirring with your Hand all the time; you muſt not begin mixing it till the Oven is almoſt hot; you muſt let it lie a little while before you put your Cake into the Hoop; when you are ready to put it into the Oven, put into it eight ounces of candied Orange-peel ſliced, and as much Citron, and a pound and half of Carraway Comfits; mix all well together, and put it in the Hoop, which muſt be prepared at bottom and buttered, the Oven muſt be quick; it will take two or three hours baking, you may Ice it if you pleaſe.

And

Another Seed Cake.

TAKE seven pounds of fine Flour well dried, and mix with it a pound of Sugar beaten and sifted, and three Nutmegs grated, and rub three pounds of Butter into the Flour; then beat the Yolks of eight Eggs, the Whites of but four, and mix with them a little Rose-water, and a quart of Cream blood warm, and a quart of Ale-yeast, and a little Salt; strain all into your Flour, and put a pint of Sack in with it, and make up your Cake, and put it into a buttered Cloth, and lay it half an hour before the Fire to rise; the mean while fit your Paper, and butter your Hoop; then take a pound and three quarters of Bisket Comfits, and a pound and half of Citron cut in small pieces, and mix these in your Cake, and put it into your Hoop, run a Knife cross down to the bottom; a quick Oven, and near three hours will bake it.

A Plum Cake.

TAKE five pounds of fine Flour, and put to it half a pound of Sugar; and of Nutmegs, Cloves, and Mace finely beaten, of each half an ounce, and a little Salt, mix these well together; then take a quart of Cream, let it boil, and take it off, and cut into it three pounds of fresh Butter, let it stand till 'tis melted, and when 'tis blood warm, mix with it a quart of Ale-yeast, and a pint of Sack, and twenty Eggs, ten Whites well beaten; put six pounds of Currants to your Flour, and make a Hole in the middle, and pour in the Milk and other things, and make up your Cake, mixing it well with your Hands; cover it warm, and set it before the Fire to rise for half an hour; then put it in the Hoop; if the Oven be hot two hours

hours will bake it; the Oven must be quick; you may perfume it with Amber-grease, or put Sweet-meats in it if you please. Ice it when cold, and paper it up.

An ordinary Cake to eat with Butter.

TAKE two pounds of Flour, and rub into it half a pound of Butter; then put to it some Spice, a little Salt, a quarter and half of Sugar, and half a pound of Raisins stoned, and half a pound of Currants; make these into a Cake, with half a pint of Ale-yeast, and four Eggs, and as much warm Milk as you see convenient; mix it well together, an hour and half will bake it. This Cake is good to eat with Butter for Breakfasts.

A French *Cake to eat hot.*

TAKE a dozen of Eggs, and a quart of Cream, and as much Flour as will make it into a thick Batter; put to it a pound of melted Butter, half a pint of Sack, one Nutmeg grated, mix it well, and let it stand three or four hours; then bake it in a quick Oven, and when you take it out, slit it in two, and pour a pound of Butter on it melted with Rose-water; cover it with the other half, and serve it up hot.

To make Portugal *Cakes.*

TAKE a pound and quarter of fine Flour well dried, and break a pound of Butter into the flour and rub it in, add a pound of Loaf-Sugar beaten and sifted, a Nutmeg grated, four perfumed Plumbs, or some Amber-grease, mix these well together, and beat seven Eggs, but four Whites, with three spoonfuls of Orange-flower Water; mix

all

all theſe together, and beat them up an hour; butter your little Pans, and juſt as they are going into the Oven, fill them half full, and ſearce ſome fine Sugar over them; little more than a quarter of an hour will bake them. You may put a handful of Currants into ſome of them; take them out of the Pans as ſoon as they are drawn, keep them dry, they will keep good three Months.

To make Jumbals.

TAKE the Whites of three Eggs, beat them well, and take off the Froth; then take a little Milk, and a little Flour, near a pound, as much Sugar ſifted, and a few Carraway-ſeeds beaten very fine; work all theſe in a very ſtiff Paſte, and make them in what Form you pleaſe: Bake them on white Paper.

To make March-pane.

TAKE a pound of Jordan Almonds, blanch and beat them in a Marble Mortar very fine; then put to them three quarters of a pound of double-refined Sugar, and beat with them a few Drops of Orange-flower Water; beat all together till 'tis a very good Paſte, then roll it into what Shape you pleaſe; duſt a little fine Sugar under it as you roll it to keep it from ſticking. To Ice it, ſearce double-refined Sugar as fine as Flour, wet it with Roſe-water, and mix it well together, and with a Bruſh or Bunch of Feathers ſpread it over your March-pane: Bake them in an Oven that is not too hot; put Wafer-paper at the bottom, and white Paper under that, ſo keep them for uſe.

To make Almond Puffs.

TAKE half a pound of Jordan Almonds, blanch and beat them very fine with three or four ſpoonfuls of Roſe-water; then take half an ounce of the fineſt Gum-dragant ſteeped in Roſe-water three or four days before you uſe it, then put it to the Almonds, and beat it together; then take three quarters of a pound of double-refined Sugar beaten and ſifted, and a little fine Flour, and put to it; roll it in what Shape you pleaſe; lay them on white Paper, and put them in an Oven gently hot, and when they are baked enough, take them off the Papers, and put them on a Sieve to dry in the Oven, when 'tis almoſt cold.

To make little hollow Biskets.

BEAT ſix Eggs very well with a ſpoonful of Roſe-water, then put in a pound and two ounces of Loaf-ſugar beaten and ſifted; ſtir it together till 'tis well mixed in the Eggs; then put in as much Flour as will make it thick enough to lay out in Drops upon Sheets of white Paper; ſtir it well together till you are ready to drop it on your Paper; then beat a little very fine Sugar, and put into a Lawn Sieve, and ſift ſome on them juſt as they are going into the Oven; ſo bake them, the Oven muſt not be too hot, and as ſoon as they are baked, whilſt they are hot, pull off the Papers from them, and put them in a Sieve, and ſet them in the Oven to dry; keep them in Boxes with Papers between.

To make Wigs.

TAKE two pounds of Flour, and a quarter of a pound of Butter, as much Sugar, a Nutmeg grated, a little Cloves and Mace, and a quarter of an ounce of Carraway-ſeeds, Cream and Yeaſt as much as will make it up into a pretty light Paſte; make them up, and ſet them by the Fire to riſe till the Oven be ready; they will quickly be baked.

To make Ginger-bread.

TAKE a pound and half of *London* Treacle, two Eggs beaten, half a pound of brown Sugar, one ounce of Ginger beaten and ſifted; of Cloves, Mace, and Nutmegs all together half an ounce beaten very fine, Coriander-ſeeds, and Carraway-ſeeds of each half an ounce, two pounds of Butter melted; mix all theſe together, with as much Flour as will knead it into a pretty ſtiff Paſte; then roll it out, and cut it into what Form you pleaſe: Bake it in a quick Oven on Tin-plates; a little time will bake it.

Another ſort of Ginger-bread.

TAKE half a pound of Almonds, blanch and beat them till they have done ſhining; beat them with a ſpoonful or two of Orange-flower-Water, put in half an ounce of beaten Ginger, and a quarter of an ounce of Cinnamon powdered; work it to a Paſte with double-refined Sugar beaten and ſifted; then roll it out, and lay it on Papers to dry in an Oven after Pyes are drawn.

To make Dutch Ginger-bread.

TAKE four pounds of Flour, and mix with it two ounces and a half of beaten Ginger; then rub in a quarter of a pound of Butter, and add to it two ounces of Carraway-seeds, two ounces of Orange-peel dried and rubb'd to Powder, a few Coriander-seeds bruised, two Eggs: Then mix all up in a stiff Paste, with two pound and a quarter of Treacle; beat it very well with a Rolling-pin, and make it up into thirty Cakes: Put in candied Citron; prick them with a Fork: Butter Papers three double, one white, and two brown; wash them over with the White of an Egg; put them in an Oven not too hot, for three quarters of an hour.

To make Buns.

TAKE two pounds of fine Flour, a pint of Ale-yeast; put a little Sack in the Yeast, and three Eggs beaten; knead all these together with a little warm Milk, a little Nutmeg, and a little Salt; then lay it before the Fire, till it rise very light; then knead in a pound of fresh Butter, and a pound of rough Carraway-comfits; and bake them in a quick Oven on floured Papers, in what Shape you please.

To make French Bread.

TAKE half a peck of fine Flour; put to it six Yolks of Eggs, and four Whites, a little Salt, a pint of good Ale-yeast, and as much new Milk made a little warm, as will make it a thin light Paste; stir it about with your Hand, but by no means knead it; then have ready six wooden

quart

quart Diſhes, and fill them with Dough; let them ſtand a quarter of an hour to heave, and then turn them out into the Oven; and when they are baked, raſp them. The Oven muſt be quick.

To make Wiggs.

TAKE three pounds and a half of Flour, and three quarters of a pound of Butter, and rub it into the Flour till none of it be ſeen; then take a pint or more of new Milk, and make it very warm, and half a pint of new Ale-yeaſt; then make it into a light Paſte. Put in Carraway-ſeeds, and what Spice you pleaſe; then make it up, and lay it before the Fire to riſe; then work in three quarters of a pound of Sugar, and then roll them into what Form you pleaſe, pretty thin, and put them on Tin-plates, and hold them before the Oven to riſe again. Before you ſet them in, your Oven muſt be pretty quick.

To make Ginger-bread.

TAKE three pounds of fine Flour, and the Rind of a Lemon dried and beaten to Powder, half a pound of Sugar, or more, as you like it, and an ounce and a half of beaten Ginger: Mix all theſe well together, and wet it pretty ſtiff with nothing but Treacle; make it into long Rolls or Cakes, as you pleaſe. You may put candied Orange-peel and Citron in it. Butter your Paper you bake it on; and let it be baked hard.

To make Shrewsbury-Cakes.

TAKE to one pound of Sugar, three pounds of the fineſt Flour, a Nutmeg grated, ſome beaten Cinnamon; the Sugar and Spice muſt be

ſifted into the Flour, and wet it with three Eggs, and as much melted Butter as will make it of a good thickneſs to roll into Paſte; mould it well and roll it, and cut it into what ſhape you pleaſe. Perfume them, and prick them before they go into the Oven.

To make Almond Cakes.

TAKE a pound of Almonds, blanch and beat them exceeding fine with a little Roſe or Orange-flower-water; then beat three Eggs, but two Whites, and put to them a pound of Sugar ſifted, and then put in your Almonds, and beat all together very well; butter ſheets of white Paper, and lay the Cakes in what form you pleaſe, and bake them.

You may perfume them if you like it; bake them in a cool Oven.

To make drop Bisket.

TAKE eight Eggs, and one pound of double-refined Sugar beaten fine, and twelve ounces of fine Flour well dried. Beat your Eggs very well; then put in your Sugar and beat it, and then your Flour by degrees, and beat it all very well together for an hour without ceaſing. Your Oven muſt be as hot as for half-penny Bread; then flour ſome Sheets of Tin, and drop your Bisket what bigneſs you pleaſe, and put them in the Oven as faſt as you can; and when you ſee them riſe, watch them, and if they begin to colour take them out again and put in more, and if the firſt is not enough, put them in again; if they are right done, they will have a white Ice on them. You may put in Carraway-ſeeds if you pleaſe; when they are all baked, put them all in the Oven again till they are very dry, and keep them in your Stove.

To make little Cracknels.

TAKE three pounds of Flour finely dried, and three ounces of Lemon and Orange-peel dried and beaten to a powder, and one ounce of Coriander-ſeeds beaten and ſearced, and three pounds of double-refined Sugar beaten fine and ſearced; mix theſe together with fifteen Eggs, half of the whites taken out, a quarter of a pint of Roſe-water, as much Orange-flower-water. Beat the Eggs and Water well together; then put in your Orange-peel and Coriander-ſeeds, and beat it again very well with two Spoons, one in each hand; then beat your Sugar in by little and little; then your Flour by little at a time, ſo beat with both Spoons an hour longer; then ſtrew Sugar on Papers, and drop them the bigneſs of a Wall-nut, and ſet them in the Oven; the Oven muſt be hotter than when Pyes are drawn. Do not touch them with your Fingers before they are baked. Let the Oven be ready for them againſt they are done; be careful the Oven does not colour them.

To make the thin Dutch *Biſket.*

TAKE five pounds of Flour, and two ounces of Carraway-ſeeds, half a pound of Sugar, and ſomething more than a pint of Milk. Warm the Milk, and put into it three quarters of a pound of Butter; then make a Hole in the middle of your Flour, and put in a full pint of good Ale-yeaſt; then pour in the Butter and Milk, and make theſe into a Paſte, and let it ſtand a quarter of an hour by the Fire to riſe; then mould it, and roll it into Cakes pretty thin; prick them all over pretty much, or they will bliſter; ſo bake them a quarter of an hour.

To make an ordinary Seed Cake.

TAKE ſix pounds of fine Flour, rub into it a thimble-full of Carraway-ſeeds finely beaten, and two Nutmegs grated, and Mace beaten; then heat a quart of Cream, hot enough to melt a pound of Butter in it, and when 'tis no more than blood warm, mix your Cream and Butter with a pint of good Ale-yeaſt, and then wet your Flour with it; make it pretty thin; juſt before it goes into the Oven put in a pound of rough Carraways, and ſome Citron ſliced thin. Three quarters of an hour in a quick Oven will bake it.

To make ordinary Wigs.

TAKE three pounds and an half of fine Flour, and three quarters of a pound of Butter, rub it into the Flour till none of it be ſeen; then take a pint or more of new Milk, and make it very warm, and three quarters of a pint of Ale-yeaſt; and with theſe make it into a light Paſte, and put in Carraway-ſeeds, or what Spice you pleaſe; then ſet it before the Fire to riſe; then mix in it three quarters of a pound of Sugar; then roll them out pretty thin, and put them on Tin-Plates and hold them before the Fire to riſe again, or before the Oven. Let your Oven be pretty quick, and they will ſoon be baked.

A good Seed Cake.

TAKE two pounds of the fineſt Flour well dried, two pounds of freſh Butter rubbed well in; ten Eggs, leave out five whites; three ſpoonfuls of Cream, four ſpoonfuls of good Yeaſt; mix all well together and ſet it to the Fire, not

too

too near; when 'tis well riſen, put in a pound of Carraway-comfits. An hour and a quarter will bake it.

To make the Marlborough *Cake.*

TAKE eight Eggs, yolks and whites, beat and ſtrain them, and put to them a pound of Sugar beaten and ſifted; beat it three quarters of an hour together; then put in three quarters of a pound of Flour well dried, and two ounces of Carraway-ſeeds. Beat it all well together, and bake it in a quick Oven in broad Tin-Pans.

Another ſort of little Cakes.

TAKE a pound of Flour, and a pound of Butter. Rub the Butter into the Flour, two ſpoonfuls of Yeaſt, and two Eggs. Make it up into a Paſte, ſlick white Paper, roll your Paſte out the thickneſs of a Crown, cut them out with the top of a Tin Caniſter; ſift fine Sugar over them, and lay them on the ſlick'd Paper. Bake them after Tarts an hour.

To make the White Cake.

TAKE three quarts of the fineſt Flour, a pound and half of Butter, a pint of thick Cream, half a pint of Ale-yeaſt, half a quarter of a pint of Roſe-water and Sack together, a quarter of an ounce of Mace, nine Eggs, abating four whites, beat them well; five ounces of double-refined Sugar; mix the Sugar and Spice, and a very little Salt with your dry Flour, and keep out half a pint of the Flour to ſtrew over the Cake: when 'tis all mixed, melt the Butter in the Cream when 'tis a little cool, ſtrain the Eggs into it,

Yeaſt, *&c.* Make a Hole in the midſt of the Flour, and pour all the wetting in, ſtirring it round with your Hand all one way, till well mixed. Strew on the Flour that was ſaved out, and ſet it before the Fire to riſe, covered over with a Cloth; let it ſtand ſo a quarter of an hour. You muſt have in readineſs three pounds and half of Currants waſhed and picked, and well dried in a Cloth; mingle them in the Paſte without kneading; put it in a Tin-Hoop; ſet it in a quick Oven, or it will not riſe; it muſt ſtand an hour and half in the Oven.

To make another ſort of Ginger-bread.

TAKE a pound and half of *London* Treacle, two Eggs beaten, a pound of Butter melted, half a pound of brown Sugar, one ounce of beaten Ginger; and of Cloves, Mace, Coriander-ſeeds and Carraway-ſeeds, of each half an ounce; mix all theſe together with as much Flour as will knead it into Paſte; roll it out, and cut it into what Form you pleaſe. Bake it in a quick Oven on Tin-Plates; a little time will bake it.

To make Biskets.

TO a quart of Flour, take a quarter of a pound of Butter, and a quarter of a pound of Sugar, one Egg, and what Carraway-ſeeds you pleaſe, wet with Milk as ſtiff as you can; then roll them out very thin; cut them with a ſmall Glaſs. Bake them on Tin-Plates, your Oven muſt be ſlack. Prick them very well juſt as you ſet them in, and keep them dry when baked.

To make brown French *Loaves.*

TAKE a peck of coarſe Flour, and as much of the Raſpings of Bread, beaten and ſifted as will make it look brown; then wet it with a pint of good Yeaſt, and as much Milk and Water warm as will wet it pretty ſtiff; mix it well, and ſet it before the Fire to riſe; make it into ſix Loaves; make it up as light as you can, and bake it well in a quick Oven.

To make the hard Biſket.

TAKE half a peck of fine Flour, one ounce of Carraway-ſeeds, the whites of two Eggs, a quarter of a pint of Ale-yeaſt, and as much warm Water as will make it into a ſtiff Paſte; then make it in long rolls. Bake it an hour; the next day pare it round; then ſlice it in Slices about half an inch thick; dry it in the Oven; then draw it and turn it, and dry the other ſide; they will keep the whole year.

To make Whetſton *Cakes.*

TAKE half a pound of fine Flour, and half a pound of Loaf-ſugar ſearced, a ſpoonful of Carraway-ſeeds dried, the yolk of one Egg, the whites of three, a little Roſe-water, with Amber-greaſe diſſolved in it; mix it together, and roll it out as thin as a Wafer; cut them with a Glaſs; lay them on flower'd Paper, and bake them in a ſlow Oven.

To make a good Plum-Cake.

TAKE four pounds of Flour, put to it half a pound of Loaf-ſugar beaten and ſifted, of Mace and Nutmegs half an ounce beaten fine, a

little Salt. Beat the yolks of thirty Eggs, the whites of fifteen, a pint and half of Ale-yeaſt, three quarters of a pint of Sack, with two grains of Ambergreaſe, and two of Muſk ſteeped in it five or ſix hours; then take a large pint of thick Cream, ſet it on the Fire, and put in two pounds of Butter to melt, but not boil; then put your Flour in a Bowl, make a hole in the midſt, and pour in your Yeaſt, Sack, Cream and Eggs. Mix it well with your Hands, make it up, not too ſtiff, ſet it to the Fire a quarter of an hour to riſe; then put in ſeven pounds of Currants picked and waſhed in warm Water, then dried in a coarſe Cloth, and kept warm till you put them into your Cake, which mix in as faſt as you can, and put candied Lemon, Orange and Citron in it; put it in your Hoop, which muſt be ready buttered and fixed; ſet it in a quick Oven; bake it two hours or more, when 'tis near cold, Ice it.

Another Plum-Cake.

TAKE four pounds of Flour, four pounds of Currants, and twelve Eggs, half the whites taken out, near a pint of Yeaſt, a pound and half of Butter, a good half pint of Cream; three quarters of a pound of Loaf-ſugar, beaten Mace, Nutmegs and Cinnamon, half an ounce beaten fine; mingle the Spices and Sugar with the Flour; beat the Eggs well, and put to them a quarter of a pint of Roſe-water, that had a little Muſk and Ambergreaſe diſſolved in it; put the Butter and Cream into a Jug, and put it in a Pot of boiling Water to melt; when you have mixed the Cake, ſtrew a little Flour over it. Cover it with a very hot Napkin, and ſet it before the Fire to riſe; butter and flour your Hoop, and juſt as your Oven is ready, put your Currants into boiling Water to plump.

Dry

Dry them in a hot Cloth, and mix them in your Cake. You may put in half a pound of candied Orange, and Lemon, and Citron; let not your Oven be too hot, two hours will bake it, three if 'tis double the quantity. Mix it with a broad Pudding-ſtick, not with your Hands; when your Cake is juſt drawn, pour all over it a Gill of Brandy or Sack; then Ice it.

Another Plum-Cake with Almonds.

TAKE four pounds of fine Flour dried well, five pounds of Currants well picked and rubbed, but not waſhed; five pounds of Butter waſhed and beaten in Orange-flower Water and Sack; two pounds of Almonds beaten very fine, four pounds of Eggs weighed, half the Whites taken out; three pounds of double-refined Sugar, three Nutmegs grated, a little Ginger, a quarter of an ounce of Mace, as much Cloves finely beaten, a quarter of a pint of the beſt Brandy: The Butter muſt be beaten to Cream; then put in your Flour, and all the reſt of your things, beating it till you put it in your Oven; four hours will bake it, the Oven muſt be very quick; put in Orange, Lemon-peel candied, and Citron as you like.

A rich Seed Cake, called, The Nun's Cake.

TAKE four pounds of your fineſt Flour, and three pounds of double-refined Sugar beaten and ſifted; mix them together, and dry them by the Fire till you prepare your other Materials.

Take four pounds of Butter, beat it in your Hands till 'tis very ſoft like Cream; then beat thirty-five Eggs, leave out ſixteen Whites, and ſtrain out the Treddles of the reſt, and beat them and the Butter together, till all appears like Butter, put

put in four or five ſpoonfuls of Roſe or Orange-flower Water, and beat it again; then take your Flour and Sugar with ſix ounces of Carraway-ſeeds and ſtrew it in by degrees, beating it up all the time for two hours together; you may put in as much Tincture of Cinnamon or Amber-greaſe as you pleaſe; butter your Hoop, and let it ſtand three hours in a moderate Oven.

To ice a great Cake.

TAKE two pounds of the fineſt double-refined Sugar, beat and ſift it very fine, and likewiſe beat and ſift a little Starch and mix with it; then beat ſix Whites of Eggs to a Froth, and put to it ſome Gum-water, the Gum muſt be ſteeped in Orange-flower Water; then mix and beat all theſe together two hours, and put it on your Cake; when 'tis baked, ſet it in the Oven a quarter of an hour.

Another Seed-Cake.

TAKE a pound of Flour, dry it by the Fire, add to it a pound of fine Sugar beaten and ſifted; then take a pound and a quarter of Butter and work it in your Hand till 'tis like Cream; beat the Yolks of ten Eggs, the Whites of ſix; mix all theſe together with an ounce and a half of Carraway-ſeeds, and a quarter of a pint of Brandy; it muſt not ſtand to riſe.

CREAMS and JELLIES.

Lemon Cream.

TAKE five large Lemons, and ſqueeze out the Juice, and the Whites of ſix Eggs well beaten, ten ounces of double-refined Sugar beaten very fine, and twenty ſpoonfuls of Spring-water; mix all together and ſtrain it through a Jelly bag; ſet it over a gentle Fire, ſcum it very well, when 'tis as hot as you can bear your Finger in it, take it off, and pour it into Glaſſes; put Shreds of Lemon-peel into ſome of the Glaſſes.

Another Lemon Cream.

TAKE the Juice of four large Lemons, and half a pint of Water, and a pound of double-refined Sugar beaten fine, and the Whites of ſeven Eggs, and the Yolk of one beaten very well; mix all together, and ſtrain it, and ſet on a gentle Fire, ſtirring it all the while, and ſcum it clean; put into it the Peel of one Lemon, when 'tis very hot, but not boil; take out the Lemon-peel, and pour it into China Diſhes.

To

To make Orange Cream.

TAKE a pint of the Juice of Sevil Oranges, and put to it the Yolks of ſix Eggs, the Whites of four; beat the Eggs very well, and ſtrain them and the Juice together; add to it a pound of double-refined Sugar beaten and ſifted; ſet all theſe together on a ſoft Fire, and put the Peel of half an Orange into it, keep it ſtirring all the while, and when 'tis almoſt ready to boil, take out the Orange-peel, and pour out the Cream into Glaſſes or China Diſhes.

To make Gooſe-berry Cream.

TAKE two quarts of Gooſe-berries, put to them as much Water as will cover them; let them boil all to maſh, then run them through a Sieve with a Spoon; to a quart of the Pulp, you muſt have ſix Eggs well beaten, and when the Pulp is hot put in an ounce of freſh Butter, ſweeten it to your Taſte, and put in your Eggs, and ſtir them over a gentle Fire till they grow thick; then ſet it by, and when 'tis almoſt cold, put into it two ſpoonfuls of Juice of Spinage, and a ſpoonful of Orange-flower-water or Sack, ſtir it well together, and put it in your Baſons, when 'tis cold ſerve it to the Table.

Some love the Gooſe-berries only maſhed, not pulped through a Sieve, and put the Butter, and Eggs, and Sugar as the other, but no Juice of Spinage.

To make Barley-Cream.

TAKE a ſmall quantity of Pearl Barley, and boil it in Milk and Water till 'tis tender; then ſtrain the Liquor from it, and put your Barley into

to a quart of Cream, and let it boil a little; then take the Whites of five Eggs, and the yolk of one, beaten with a ſpoonful of fine Flour, and two ſpoonfuls of Orange-flower-water; then take the Cream off the Fire and mix the Eggs in by degrees, and ſet it over the Fire again to thicken; ſweeten it to your Taſte; pour it into Baſons, and when 'tis cold ſerve it up.

To make Steeple Cream.

TAKE five ounces of Harts-horn, and two ounces of Ivory, and put them into a Stone-Bottle, and fill it up with fair Water to the Neck, and put in a ſmall quantity of Gum Arabick, and Gum Dragant; then tie up the Bottle very cloſe, and ſet it into a Pot of Water with Hay at the bottom, let it boil ſix hours; then take it out and let it ſtand an hour before you open it, leſt it fly in your Face; then ſtrain it in, and it will be a ſtrong Jelly; then take a pound of blanched Almonds, and beat them very fine, and mix it with a pint of thick Cream and let it ſtand a little; then ſtrain it out, and mix it with a pound of Jelly; ſet it over the Fire till 'tis ſcalding hot, ſweeten it to your Taſte with double-refined Sugar; then take it off and put in a little Amber, and pour it into ſmall high Gallipots like a Sugar-loaf at top, when 'tis cold turn them out, and lay whipt Cream about them in Heaps.

To make blanched Cream.

TAKE a quart of the thickeſt ſweet Cream you can get, ſeaſon it with fine Sugar and Orange-flower-water; then boil it; then beat the Whites of twenty Eggs with a little cold Cream, take out the Treddles, and when the Cream is on the Fire

and

and boils, pour in your Eggs, ſtirring it very well till it comes to a thick Curd; then take it up and paſs it through a hair Sieve; then beat it very well with a Spoon till 'tis cold, and put it in Diſhes for uſe.

To make Quince Cream.

TAKE Quinces, ſcald them till they are ſoft; pare them, and maſh the clear part of them, and pulp it through a Sieve; take an equal weight of Quince, and double-refined Sugar beaten and ſifted, and the Whites of Eggs, and beat it till it is as white as Snow, then put it in Diſhes.

To make Almond Cream.

TAKE a quart of Cream, boil it with Nutmeg, Mace, and a bit of Lemon-peel, and ſweeten it to your Taſte; then blanch ſome Almonds, and beat them very fine; then take nine Whites of Eggs well beaten, and ſtrain them to your Almonds, and rub them very well through a thin Strainer; ſo thicken your Cream, juſt give it one boil, and pour it into China Diſhes, and when 'tis cold ſerve it up.

To make Ratafia Cream.

TAKE ſix large Laurel-leaves, and boil them in a quart of thick Cream; when 'tis boiled throw away the Leaves, and beat the yolks of five Eggs with a little cold Cream, and Sugar to your Taſte; then thicken your Cream with your Eggs and ſet it over the Fire again, but let it not boil; keep it ſtirring all the while, and pour it into China Diſhes, when 'tis cold 'tis fit for uſe.

To make Sack-cream.

TAKE the yolks of two Eggs, and three ſpoonfuls of fine Sugar, and a quarter of a pint of Sack; mix them together, and ſtir them into a pint of Cream; then ſet them over the Fire till 'tis ſcalding hot, but let it not boil. You may toaſt ſome thin ſlices of white Bread and dip them in Sack or Orange-flower-water, and pour your Cream over them.

To make Rice-cream.

TAKE three ſpoonfuls of the Flour of Rice, as much Sugar, the yolks of two Eggs, two ſpoonfuls of Sack, or Roſe, or Orange-flower-water; mix all theſe together, and put them to a pint of Cream, ſtir it over the Fire till 'tis thick, then pour it into China Diſhes.

To make Harts-horn Jelly.

TAKE a large Gallipot and fill it full of Harts-Horn, and then fill it full with Spring-water, and tie a double Paper over the Gallipot, and ſet it in the Baker's Oven with Houſehold-bread, in the Morning take it out, and run it through a Jelly-bag, and ſeaſon it with Juice of Lemons, and double-refined Sugar, and the whites of eight Eggs well beaten; let it have a boil, and run it through the Jelly-bag again into your Jelly-glaſſes; put a bit of Lemon-peel in the Bag.

To make Calf's-foot Jelly.

TO four Calfs-feet take a gallon of fair Water, cut them in pieces, and put them in a Pipkin cloſe covered, and boil them ſoftly till almoſt half be

be conſumed; then run it through a Sieve, and let it ſtand till 'tis cold; then with a Knife take off the Fat, and top and bottom, and the fine part of the Jelly melt in a Preſerving-pan or Skillet, and put in a pint of Rheniſh-wine, the Juice of four or five Lemons, double-refined Sugar to your Taſte, the whites of eight Eggs beaten to a froth; ſtir and boil all theſe together near half an hour; then ſtrain it through a Sieve into a Jelly-bag; put into your Jelly-bag a ſprig of Roſemary, and a piece of Lemon-peel; paſs it through the Bag till 'tis as clear as Water. You may cut ſome Lemon-peel like Threds, and put in half the Glaſſes.

To make whipt Cream.

TAKE a quart of thick Cream, and the whites of eight Eggs beaten with half a pint of Sack; mix it together, and ſweeten it to your Taſte with double-refined Sugar: You may perfume it if you pleaſe with ſome Musk or Ambergreaſe tyed in a Rag, and ſteeped a little in the Cream; whip it up with a Whisk, and a bit of Lemon-peel tyed in the middle of the Whisk; take the Froth with a Spoon, and lay it in your Glaſſes or Baſons.

To make whipt Syllibubs.

TAKE a quart of Cream, not too thick, and a pint of Sack, and the Juice of two Lemons; ſweeten it to your Palate, and put it into a broad earthen Pan, and with a Whisk whip it, and as the Froth riſes, take it off with a Spoon, and lay it in your Syllibub Glaſſes; but firſt you muſt ſweeten ſome Claret or Sack, or White-wine, and ſtrain it, and put ſeven or eight ſpoonfuls of the Wine into your Glaſſes, and then gently lay in your Froth. Set them by. Do not make them long before you uſe them.

To

To make a fresh Cheese.

TAKE a quart of Cream, and set it over the Fire till it is ready to boil; then beat nine Eggs, yolks and whites very well; when you are beating them, put to them as much Salt as will lie on a small Knife's point; put them to the Cream, and some Nutmeg quartered, and tyed up in a Rag; so let them boil till the Whey is clear; then take it off the Fire, and put it in a Pan, and gather it as you do a Cheese; then put it in a Cloth, and drain it between two; then put it in a Stone Mortar, and grind it, and season it with a little Sack and Orange-flower Water and Sugar, and then put it in a little earthen Colander, and let it stand two hours to drain out the Whey; then put it in the middle of a China Dish, and pour thick Cream about it; so serve it to the Table.

To make Almond Butter.

TAKE a pound of the best Jordan Almonds, blanched in cold Water, and as you blanch them, throw them into fair Water; then beat them in a Marble Mortar very fine, with some Rose or Orange-flower Water, to keep them from oiling; then take a pound of Butter out of the Chern before 'tis salted, but it must be very well washed; and mix it with your Almonds, with near a pound of double-refined Sugar beaten and sifted; when 'tis very well mixed, set it by to cool; when you are going to use it, put it into a Colander, and pass it through with the back of a Spoon into the Dish you serve it in. Hold your Hand high, and let it be heaped up.

To make Riben Jelly.

TAKE out the great Bones of four Calf's-feet, and put the Feet into a Pot with ten quarts of Water, three ounces of Harts-horn, three ounces

of Iſing-glaſs, a Nutmeg quartered, four blades of Mace; then boil this till it comes to two quarts, and ſtrain it through a fine Flannel Bag; let it ſtand twenty-four hours; then ſcrape off all the Fat from the top very clean; then heat it, and put to it the whites of ſix Eggs beaten to a froth; boil it a little, and ſtrain it again through a Flannel Bag; then run the Jelly into little high Glaſſes; run every Colour as thick as your Finger; one Colour muſt be thorough cold before you put another on, and that you run on muſt be not blood warm for fear it mixes together; you muſt colour red with Cochineal, green with Spinage, yellow with Saffron, blue with Syrup of Violets, white with thick Cream, and ſometimes the Jelly by it ſelf.

To make Cream of any preſerved Fruit.

TAKE half a pound of the Pulp of any preſerved Fruit; put it in a large Pan; put to it the whites of two or three Eggs; beat them together exceeding well for an hour; then with a Spoon take it off, and lay it heaped up high on the Diſh or Salver with other Creams, or put it in the middle Baſon; Raſp-berries will not do this way.

To make a Snow Poſſet.

TAKE a quart of new Milk, and boil it with a ſtick of Cinnamon and quartered Nutmeg; when the Milk is boiled, take out the Spice, and beat the yolks of ſixteen Eggs very well, and by degrees mix them in the Milk till it is thick; then beat the whites of the ſixteen Eggs with a little Sack and Sugar into a Snow; then take the Baſon you deſign to ſerve it up in, and put in it a pint of Sack; ſweeten it to your Taſte; ſet it over the Fire, and let one take the Milk, and another the whites of Eggs, and ſo pour them together into the Sack in the Baſon: keep it ſtirring all the while

while 'tis over the Fire; when 'tis thorough warm, take it off, cover it up, and let it ſtand a little before you uſe it.

To make a Jelly Poſſet.

TAKE twenty Eggs, leave out half the whites, and beat them very well; put them into the Baſon you ſerve it in with, with near a pint of Sack, and a little ſtrong Ale; ſweeten it to your Taſte, and ſet it over a Charcoal Fire, keep it ſtirring all the while; then have in readineſs a quart of Milk or Cream boiled with a little Nutmeg and Cinnamon, and when your Sack and Eggs is hot enough to ſcald your Lips, put the Milk to it boiling hot; then take it off the Fire and cover it up half an hour; ſtrew Sugar on the Brim of the Diſh, and ſerve it to the Table.

To make Flummery Caudle.

TAKE a pint of fine Oatmeal, and put to it two quarts of fair Water; let it ſtand all night, in the morning ſtir it, and ſtrain it into a Skillet, with three or four blades of Mace, and a Nutmeg quartered; ſet it on the Fire, and keep it ſtirring, and let it boil a quarter of an hour; if it is too thick put in more Water, and let it boil longer; then add a pint of Rheniſh, or White-wine; three ſpoonfuls of Orange-flower-water, the Juice of two Lemons and one Orange, a bit of Butter, and as much fine Sugar as will ſweeten it: Let all theſe have a walm, and thicken it with the yolks of two or three Eggs. Drink it hot for a breakfaſt.

To make Tea-Caudle.

MAKE a quart of ſtrong green Tea, and pour it out into a Skillet, and ſet it over the Fire; then beat the yolks of four Eggs, and mix with them a pint of White-wine, a grated Nutmeg,

Sugar to your Taſte, and put all together; ſtir it over the Fire till 'tis very hot, then drink it in China Diſhes as Caudle.

A fine Caudle.

TAKE a pint of Milk, turn it with Sack; then ſtrain it, and when 'tis cold, put it in a Skillet with Mace, Nutmeg, and ſome white Bread ſliced; let all theſe boil, and then beat the yolks of four or five Eggs, the whites of two, and thicken your Caudle, ſtirring it all one way for fear it curdle; let it warm together, then take it off and ſweeten it to your Taſte.

To make Harts-horn or Calf's-foot Jelly without Lemons.

TAKE a pair of Calf's-feet, boil them with ſix quarts of fair Water to maſh; it will make three quarts of Jelly; then ſtrain it off, and let it ſtand till 'tis cold, take off the top, and ſave the middle, and melt it again and ſcum it; then take ſix whites of Eggs beaten to a froth, half a pint of Rheniſh-wine, and one Lemon juiced, and half a pound of fine powdered Sugar; ſtir all together, and let it boil, then take it off, and put to it as much Spirit of Vitriol as will ſharpen it to your Palate, about one penny-worth will do, let it not boil after the Vitriol is in; let your Jelly-bag be made of thick Flannel, then run it through till 'tis very clear; you may put the whites of the Eggs that ſwim at top into the Bag firſt, and that will thicken the Bag.

To make Oatmeal Caudle.

TAKE two quarts of Ale, and one of ſtale Beer, and two quarts of Water; mix them all together, and add to it two handfuls of Pot-Oatmeal,

twelve

twelve Gloves, five or ſix blades of Mace, and a Nutmeg quartered or bruiſed; ſet it over the Fire, and let it boil half an hour, ſtirring it all the while; then ſtrain it out through a Sieve, and put in near a pound of fine Sugar, and a bit of Lemon-peel; pour it into a Pan and cover it cloſe that it may not ſcum; warm it as you uſe it.

To make Salop.

TAKE a quart of Water, and let it boil a quarter of an hour; then put in a quarter of an ounce of Salop finely powdered, and let it boil half an hour longer, ſtirring it all the while; then ſeaſon it with White-wine and Juice of Lemons, and ſweeten it to your Taſte; drink it in China Cups as Chocolate; 'tis a great Sweetener of the Blood.

Boil Sagoe till 'tis tender and jellies, a ſpoonful and half to a quart of Water; then ſeaſon it as you do your Salop, and drink it in Chocolate-Diſhes; or if you pleaſe, leave out the Wine and Lemon, and put in a pint of thick Cream and a ſtick of Cinnamon, and thicken it up with two or three Eggs.

To make Lemon Syllibubs.

TAKE a quart of Cream, half a pound of Sugar, a pint of White-wine, the Juice of two or three Lemons, the Peel of one grated; mix all theſe, and put them in an earthen Pot, and milk it up as faſt as you can till it is thick; then pour it into your Glaſſes, and let them ſtand five or ſix hours: You may make them over night.

To make white Leach.

TAKE half a pound of Almonds, blanch and beat them with Roſe-water, and a little Milk; then ſtrain it out, and put to it a piece of Iſinglaſs, and let it boil on a Chafing-diſh of Coals half

an hour; then ſtrain it into a Baſon and ſweeten it, and put a grain of Musk in it, and let it boil a little longer, and put to it two or three Drops of Oil of Mace or Cinnamon, and keep it till 'tis cold; eat it with Wine or Cream.

To make White-Wine Cream.

TAKE a quart of Cream, ſet it on the Fire, and ſtir it till 'tis blood warm; then boil a pint of White-wine with Sugar till it is Syrup: So mingle the Wine and Cream together; put it in a China Baſon, and when 'tis cold ſerve it up.

To make Strawberry or Raſp-berry Fool.

TAKE a pint of Raſp-berries, ſqueeze and ſtrain the Juice with Orange-flower-water: Put to the Juice five ounces of fine Sugar; then ſet a pint of Cream over the Fire, and let it boil up; then put in the Juice, give it one ſtir round, and then put it in your Baſon; ſtir it a little in the Baſon, and when 'tis cold uſe it.

To make Sack Cream.

TAKE a quart of thick Cream, and ſet it over the Fire, and when it boils take it off; put a piece of Lemon-peel in it, and ſweeten it very well; then take the China Baſon you ſerve it in, and put into the Baſon the Juice of half a Lemon, and nine ſpoonfuls of Sack; then ſtir in the Cream into the Baſon by a ſpoonful at a time, till all the Cream is in, when 'tis little more than blood warm ſet it by till next day; ſerve it with Wafers round it.

To make Ratafia Bisket.

TAKE four ounces of bitter Almonds, blanch and beat them as fine as you can; in beating them, put in the whites of four Eggs, one at a time; then mix it up with ſifted Sugar to a light

Paſte;

Paſte; roll them, and lay them on Wafer Paper, and on Tin-Plates; make the Paſte ſo light that you may take it up with a Spoon. Bake them in a quick Oven.

To make Piſtachia Cream.

PILL your Piſtachia's, and beat them very fine, and boil them in Cream; if 'tis not green enough, add a little Juice of Spinage; thicken it with Eggs, and ſweeten to your Taſte; pour it in Baſons, and ſet it by till 'tis cold.

To make Harts-horn Flummery.

TAKE three ounces of Harts-horn, and put it to boil with two quarts of Spring-water; let it ſimmer over the Fire ſix or ſeven hours till half the Water is conſumed, or elſe put it in a Jug, and ſet it in the Oven with Houſhold Bread; then ſtrain it through a Sieve, and beat half a pound of Almonds very fine, with ſome Orange-flower-water in the beating; and when they are beat, mix a little of your Jelly with it, and ſome fine Sugar; ſtrain it out, and mix it with your other Jelly; ſtir it together till 'tis little more than blood warm; then pour it into half-pint Baſons, fill them but half full; when you uſe them, turn them out of the Diſh as you do Flummery; if it does not come out clean, hold the Baſon a minute or two in warm Water, eat it with Wine and Sugar.

Put ſix ounces of Harts-horn in a glazed Jug, with a long Neck, and put to it three pints of ſoft Water; cover the top of the Jug cloſe, and put a Weight on it to keep it ſteddy; ſet it in a Pot or Kettle of Water twenty-four hours; let it not boil, but be ſcalding hot; then ſtrain it out and make your Jelly.

A Sack Posset without Eggs.

TAKE a quart of Cream or new Milk, and grate three Naples-biskets in it, and let them boil in the Cream; grate some Nutmeg in it, and sweeten it to your Taste; let it stand a little to cool, and then put half a pint of Sack a little warm in your Bason, and pour your Cream to it, holding it up high in the pouring; let it stand a little, and serve it.

A Sack Posset without Cream or Eggs.

TAKE half a pound of Jordan Almonds, lay them all night in Water, blanch and beat them in a Stone Mortar very fine, with a pint of Orange-flower-water, or fair Water, a quarter and half of Sugar, a Two-penny Loaf of Bread grated: So let it boil till 'tis thick, continually stirring it, then warm half a pint of Sack, and put to it, stir it well together, and put a little Nutmeg and Cinnamon in it.

To make a Posset with Ale, King William's *Posset.*

TAKE a quart of Cream, and mix with it a pint of Ale, then beat the yolks of ten Eggs, and the whites of four; when they are well beaten, put them to your Cream and Ale, sweeten it to your Taste, and slice some Nutmeg in it; set it over the Fire, and keep it stirring all the while, and when 'tis thick, and before it boils, take it off, and pour it into the Bason you serve it in to the Table.

To make the Pope's Posset.

BLANCH and beat three quarters of a pound of Almonds so fine, that they will spread between your Fingers like Butter, put in Water as you

you beat them to keep them from oiling; then take a pint of Sack or Sherry, and ſweeten it very well with double-refined Sugar, make it boiling hot, and at the ſame time put half a pint of Water to your Almonds, and make them boil; then take both off the Fire, and mix them very well together with a Spoon, ſerve it in a China Diſh.

To make very fine Syllibubs.

TAKE a quart and half a pint of Cream, a pint of Rheniſh, half a pint of Sack, three Lemons, near a pound of double-refined Sugar; beat and ſift the Sugar, and put it to your Cream, grate off the yellow Rind of your three Lemons, and put that in; ſqueeze the Juice of the three Lemons into your Wine, and put that to your Cream; then beat all together with a Whisk, juſt half an hour; then take it up all together with a Spoon, and fill your Glaſſes: It will keep good nine or ten days, and is beſt three or four days old. Theſe are called the everlaſting Syllibubs.

To make an Oatmeal Sack Poſſet.

TAKE a pint of Milk, and mix in it two ſpoonfuls of Flour of Oatmeal, and one of Sugar, put in a blade of Mace, and let it boil till the Rawneſs of the Oatmeal is gone off: In the mean time have in readineſs three ſpoonfuls of Sack, and three of Ale, and two of Sugar, ſet them over the Fire till ſcalding hot; then put them to your Milk, give one ſtir, and let it ſtand on the Fire a minute or two and pour it in your Baſon; cover your Baſon with a Pye Plate, and let it ſtand a little to ſettle.

Preserves, Conserves, and Syrups.

To preserve Oranges whole.

TAKE the best Bermudas Oranges, and pare them with a Pen-knife very thin, and lay your Oranges in Water three or four days, shifting them every day; then put them in a Kettle with fair Water, and put a Board on them to keep them down in the Water, and have a Skillet on the Fire with Water, that may be in readiness to supply the Kettle with boiling Water; as it wastes it must be filled up three or four times while the Oranges are doing, for they will take up seven or eight hours in boiling; for they must be so tender that a wheat Straw may be thrust through them; then take them up and scoop the Seeds out of them making a little hole on the top; then weigh them, and to every pound of Orange take a pound and three quarters of double-refined Sugar, finely beaten and sifted; fill up your Oranges with Sugar, and strew some on them, and let them lye a little while; then make your Jelly for them thus.

Take two dozen of Pippins, and slice them into Water, and when they are boiled tender, strain the Liquor from the Pulp, and to every pound of Orange you must have a pint and half of this Liquor, and put to it three quarters of the Sugar you left in filling the Oranges; set it on the Fire, and let it boil and scum it well, and put it in a

clean

clean earthen Pan till 'tis cold; then put it in your Skillet, and put in your Oranges, and with a ſmall Bodkin job the Oranges as they are boiling to let the Syrup into them; ſtrew on the reſt of your Sugar while they are boiling, and when they look clear, take them up, and put them in your Glaſſes, but one in a Glaſs, juſt fit for them, and boil the Syrup till 'tis almoſt a Jelly; then fill up your Oranges and Glaſſes; and when they are cold paper them up, and put them in your Stove.

To preſerve whole Quinces white.

TAKE the largeſt Quinces of the greeneſt colour, and ſcald them till they are pretty ſoft; then pare them and core them with a Scoop; then weigh your Quinces againſt ſo much double-refined Sugar, and make a Syrup of one half, and put in your Quinces, and boil them as faſt as you can; then you muſt have in readineſs Pippin Liquor; let it be very ſtrong of the Pippins, and when 'tis ſtrained out, put in the other half of your Sugar, and make it a Jelly, and when your Quinces are clear, put them into the Jelly, and let them ſimmer a little; they will be very white; ſo glaſs them up, and when they are cold, paper them and keep them in a Stove.

To preſerve Gooſe-berries.

TAKE of the beſt Dutch Gooſe-berries before they are too ripe, ſtone them, and put them in a Skillet with ſo much fair Water as will cover them; ſet them on a Fire to ſcald, and when they are tender, take them out of the Liquor and peel off the outer Skin, as you do Codlins, and throw them into ſome double-refined Sugar, powdered and ſifted; put a handful more of Gooſe-berries into

into that Water, and let them boil a little; then run the Liquor through a Sieve; take the weight of your peeled Gooſe-berries in double-refined Sugar; break the Sugar in lumps, and wet the lumps in the Liquor that the Gooſe-berries were ſcalded in, and put your Sugar in a preſerving Pan over a clear Fire, and let it boil up and ſcum it well; then put in your Gooſe-berries, and let them boil till they look clear; then place them in your Glaſſes, and boil the Liquor a little longer, and pour it on your Gooſe-berries in the Glaſſes; when they are cold paper them.

To preſerve Raſp-berries in Jelly.

TAKE of the largeſt and beſt Raſp-berries, and to a pound take a pound and quarter of Sugar made into a Syrup, and boiled candy high; then put in the Raſp-berries, and ſet them over a gentle Fire, and as they boil ſhake them; and when the Sugar boils over them, take them off the Fire, and ſcum them and ſet them by a little; then ſet them on again, and have half a pint of Juice of Currants by you, and at ſeveral times put in a little as it boils; ſhake them often as they grow nearer to be enough, which you may know by ſetting ſome in a Spoon to try if it will Jelly, for when they jelly they are enough; then lay them in your Glaſſes, and keep the Jelly to cover them; but before you put it to them pick out all the Seeds, and let the Jelly cover them well.

To preſerve Apricocks.

TAKE your Apricocks, ſtone and pare them, and take their weight in double-refined Sugar beaten and ſifted, and put your Apricocks in a Silver Cup or Tankard, and cover them over with the

the Sugar, and let them ſtand ſo all night; the next day put them in a preſerving Pan, and ſet them on a gentle Fire, and let them ſimmer a little while; then let them boil till they are tender and clear, taking them off ſometimes to turn and ſcum; keep them under the Liquor as they are doing, and with a ſmall clean Bodkin, or great Needle, job them ſometimes that the Syrup may penetrate into them; when they are enough take them up, and put them in Glaſſes. Boil and ſcum the Syrup, and when it is cold put it on your Apricocks.

To preſerve white Pear Plums.

TAKE Pear Plums when they are yellow, before they are too ripe; give them a ſlit in the Seam, and prick them behind; make your Water almoſt ſcalding hot, and put a little Sugar to it to ſweeten it, and put in your Plums and cover them cloſe; ſet them on the Fire to coddle, and take them off ſometimes a little, and ſet them on again: take care they do not break; have in readineſs as much double-refined Sugar boiled to a height as will cover them, and when they are coddled pretty tender, take them out of that Liquor and put them into your preſerving Pan to your Syrup, which muſt be but Blood warm when your Plums go in. Let them boil till they are clear, ſcum them and take them off, and let them ſtand two hours; then ſet them on again and boil them, and when they are thoroughly preſerved take them up and lay them in Glaſſes; boil your Syrup till 'tis thick, and when 'tis cold, put it on your Plums, and a month after if your Syrup grows thin, you muſt boil it again, or make a fine Jelly of Pippins, and put on them. This way you may do the Pimordian Plum, or any white Plum, and when they are cold paper them up.

To

To preſerve Damſons whole.

TAKE ſome Damſons, and cut them in pieces and put them in a Skillet over the Fire, with as much Water as will cover them; when they are boiled, and the Liquor pretty ſtrong ſtrain it out, add for every pound of your whole Damſons wiped clean, a pound of ſingle refined-Sugar; put the third part of the Sugar into the Liquor, and ſet it over the Fire, and when it ſimmers, put in your Damſons. Let them have one good Boil, and take them off for half an hour, covered up cloſe; then ſet them on again, and let them ſimmer over the Fire, often turning them; then take them out and put them into a Baſon, and ſtrew all the Sugar that was left on them, and pour the hot Liquor over them, and cover them up, and let them ſtand till the next day; then boil them up again till they are enough; take them up, and put them in Pots; boil the Liquor till it jellies, and pour it on them when 'tis almoſt cold, ſo paper them up.

To parch Almonds.

TAKE a pound of Sugar, make it into a Syrup and boil it candy high; then put in three quarters of a pound of Jordan Almonds blanched; keep them ſtirring all the while till they are dry and criſp; then put them in a Box and keep them dry.

To dry Apricocks.

TAKE to a pound of Apricocks a pound of double-refined Sugar; then ſtone them and pare them, and put them into cold Water, and when they are all ready, put them into a Skillet of hot Water and ſcald them till they are tender; then drain

drain them very well from the Water, and put them into a Silver Baſon, and have in readineſs your Sugar boiled to Sugar again, and pour that Sugar over your Apricocks, and cover them with a Silver Plate, and let them ſtand all night; the next day ſet them over a gentle Fire, and let them be ſcalding hot, turning them often; you muſt do them twice a day, till you ſee them begin to candy; then take them out and ſet them in your Stove on Glaſſes to dry, heating your Stove every day till they are dry.

To preſerve green Plums.

TAKE green Plums grown to their full bigneſs but before they begin to ripen; let them be carefully gathered with their Stalks and Leaves; put them into cold Spring Water over a Fire, and let them boil very gently; when they will peel take off the Skins; then put the Plums into other cold Water, and let them ſtand over a very gentle Fire till they are ſoft; put two pounds of double-refined Sugar to every pound of Plums, and make the Sugar with ſome Water into a thick Syrup before the Plums are put in: the Stones of the Plums are not to be grown ſo hard, but that you may thruſt a pin through them: After the ſame manner do green Apricocks.

To make Sugar Plates.

TAKE a pound of double-refined Sugar beaten and ſearced, and blanch and beat ſome Almonds and mix with it, and beat them together in a Mortar (with Gum-dragon diſſolved in Roſe-water) till 'tis a Paſte; roll it out and ſtrew Sugar on the Papers or Plate, and bake it after Manchet; gild it if you pleaſe, and ſerve Sweetmeats on it.

To clear Sugar.

TAKE two or three whites of Eggs, and put them into a Baſon of Water, and with a very clean Hand lather that as you do Soap; take nothing but the Froth, and when your Syrup boils, with a Ladle cover it with it; do this till your Syrup is clear, making ſtill more Froth, and covering the Syrup with it; it will make the worſt Sugar as clear as any, and fit to preſerve any Fruit.

To preſerve green Plums.

THE Plums that will be greeneſt are the white Plums that are ripe in Wheat Harveſt; gather them about the middle of *July* whilſt they are green; when gathered, lay them in Water twelve hours; then ſcald them in two ſeveral Waters; let not the firſt be too hot, but the ſecond muſt boil before you put the Plums in, and when they begin to ſhrivel, peel off the Skin as you do Codlins; keep them whole, and let a third Water be made hot, and when it boils put in your Plums, and give them two or three walms; then take them off the Fire and cover them cloſe for half a quarter of an hour, till you perceive them to look greeniſh and tender; then take them out and weigh them with double-refined Sugar, equal Weight; wet a quarter of a pound of your Sugar in four ſpoonfuls of Water; ſet it on the Fire, and when it begins to boil, take it off, and put in your Plums one by one, and ſtrew the reſt of your Sugar upon them, only ſaving a little to put in with your Perfume, Muſk or Ambergreaſe, which muſt be put in a little before they are done: Let them boil ſoftly on a moderate Fire half an hour or more till they are green and the Syrup thickiſh; put your Plums in a Pot or Glaſſes; let the Syrup have two or three walms more and put it to them, when they are cold paper them up.

To preserve black Pear Plums or any black Plum.

TAKE a pound of Plums, give them a little slit in the Seam; then take some of your worst Plums, and put them in a Gallipot close covered, and set them in a Pot of boiling Water, and as they yield Liquor still pour it out. To a pint of this Liquor, take a pound and quarter of Sugar; put them together, and give them a boil and a scum, after which take it off to cool a little; then take your pound of Plums, and as you put them in, give every one of them a prick or two with a Needle, so set them again on a soft Fire a pretty while; then take them off, and let them stand till the next day that they may drink up the Syrup without breaking the Skin; the next day warm them again once or twice till you see the Syrup grow thick and the Plums look of the right black, still scumming them, and when they will endure a boil, give them two or three walms, and scum them well, and put them in your Glasses: Be sure you keep some of the Syrup in a Glass, that when your Plums are settled and cold you may cover them with it. The next day paper them up, and keep them for use.

To make white Jelly of Quinces.

PARE your Quinces, and cut them in halves; than core them, and parboil your Quinces; when they are soft, take them up, and crush them through a Strainer, but not too hard, only the clear Juice. Take the weight of the Juice in fine Sugar; boil to the Sugar-candy height, and put in your Juice, and let it scald a while, but not boil, and if any Froth arise, scum it off, and when you

take it up, have ready a white preſerved Quince cut in ſmall ſlices, and lay them in the bottom of your Glaſſes, and pour your Jelly to them, it will candy on the top and keep moiſt on the bottom a long time.

To make clear Cakes of the Jelly of any Fruit.

To half a pound of Jelly, take ſix ounces of Sugar; wet your Sugar with a little Water, and boil it candy height; then put in your Jelly; let it boil very faſt till it jelly; then put it into Glaſſes, and when 'tis dried enough on one ſide, turn it into Glaſs Plates. Set them in a Stove to dry leiſurely; let your Stove be hot againſt your Cakes be turned.

To make clear Cakes of any Fruit.

Take your Gooſe-berries, or other Fruit, and put them in an earthen Pot ſtopt very cloſe, and put them in a Kettle of Water, and let them boil till they break; then take them out, and run them through a Cloth; take the weight of the Liquor in Sugar; boil the Sugarcandy high; then put in your Juice, and let it ſtand over a few Embers to dry till 'tis thick like a Jelly; if you fear it will change colour, put in three or four drops of Juice of Lemon; pour it out into clear Cake Glaſſes, and dry them with a little Fire.

To make brown Sugar.

Take Gum-arabick, and diſſolve it in Water till 'tis pretty thick; then take as much double-refined Sugar finely ſifted and perfumed as will make the Gum into a ſtiff Paſte; roll it out like Jumballs, and ſet it in an Oven exactly heated that it

it may raiſe them and not boil; for if it boils 'tis ſpoiled; you may colour ſome of them.

To make Paſtils.

TAKE double-refined Sugar beaten and ſifted as fine as Flour; perfume it with Musk and Ambergreaſe; then have ready ſteeped ſome Gum-arabick in Orange-flower-water, and with that make the Sugar into a ſtiff Paſte; drop into ſome of it three or four drops of Oil of Mint, or Oil of Cloves, or Oil of Cinnamon, or what Oil you like, and let ſome only have the Perfume; then roll them up in your Hand like little Pellets, and ſqueeze them flat with a Seal. Dry them in the Sun.

To Fricaſy Almonds.

TAKE a pound of Jordan Almonds; do not blanch them, or but one half of them; beat the white of an Egg very well, and pour it on your Almonds, and wet them all over; then take half a pound of double-refined Sugar, and boil it to Sugar again, and put your Almonds in, and ſtir them till as much Sugar hangs on them as will; then ſet them on Plates, and put them into the Oven to dry, after Bread is drawn, and let them ſtay in all night. They will keep the Year round if you keep them dry, and are a pretty Sweet-meat.

To make Almond Cakes.

BOIL a pound of double-refined Sugar up to a thin Candy; then have in readineſs half a pound of Almonds blanched, and finely beaten with ſome Roſe or Orange-flower-water, the Juice of one Lemon, the Peels of two grated; into the Juice put all theſe together, ſtir them over a gen-

the Fire till all the Sugar is well melted, but be sure it does not boil after the Lemon is in; then put it into your clear Cake Glasses; Perfume them, and when they are a little dry, cut them into what shape you please.

To make Orange Cakes.

PARE your Oranges very thin, and take of the white Rinds in quarters; boil them white Rinds very tender, and when they are enough take them up and scrape the black off, and squeeze them between two Trenchers; beat them in a Stone Mortar to a fine Pulp with a little Sugar, pick the Meat out of the Oranges from the Skins and Seeds, and mix the Pulp and Meat together, and take the weight and half of Sugar; boil the Sugar to a Candy height, and put in the Oranges, stir them well together, and when 'tis cold, drop them on a Pye Plate, and set them in a Stove. You may perfume them. To the Rinds of six Oranges put the Meat of nine Lemons. Cakes are made the same way, only as many Rinds as Meat, and twice the weight of Sugar.

To make Marchpane unboiled.

TAKE a pound of Almonds, blanch them and beat them in Rose-water; when they are finely beaten, put to them half a pound of Sugar, beat and searced, and work it to a Paste; spread some on Wafers, and dry it in the Oven; when 'tis cold, have ready the white of an Egg beaten with Rose-water and double-refined Sugar. Let it be as thick as Butter, then draw your March-pane thorough it, and put it in the Oven: It will Ice in a little time, then keep them for use.

If you have a mind to have your March-pane large, cut it when 'tis rolled out by a Pewter-plate, and edge it about the top like a Tart, and bottom with Wafer-paper, and set it in the Oven, and Ice it as aforesaid; when the Iceing rises, take it out and strew coloured Comfits on it, or serve Sweet-meats on it.

To preserve Cherries.

PICK and stone your Cherries, and weigh them, and take their Weight in single refined Sugar beaten fine, mix three parts of the Sugar with Juice of Currants, and put it in your Preserving-pan, and give it a boil and a scum, and then put in your Cherries: let them boil very fast, now and then strewing in some of the Sugar that was left till all is in. Scum it well, and when they are enough, which you may know by trying some in a Spoon, and when it jellies take it off, and fill your Glasses, and when they are cold paper them up.

To preserve Currants in Jelly.

TAKE your Currants and strip them, and put them in an earthen Pot; tie them close down, and set them in a Kettle of boiling Water, and let them stand three hours, keeping the Water boiling; then take a clean flaxen Cloth, and strain out the Juice, and when it has settled, take a pound of double-refined Sugar, beaten and sifted, and put to a pint of the clear Juice: Have in readiness some whole Currants stoned, and when the Juice boils, put in your Currants, and boil them till your Syrup jellies, which you may know by taking up some in a Spoon; then put it in your Glasses. This way make Jelly of Currants, only leaving out the whole Currants: when 'tis cold paper them up.

To preserve Barberries.

TAKE the largest Barberries you can get, and stone them, and to every pound of Barberries take three pounds of Sugar, and boil it till 'tis candy high; then put in the Barberries, and let them boil till the Sugar boils over them all; then take them off, scum them, and set them on again, and give them another Boil, and put them in an earthen Pan; cover them with Paper, and set them by till the next day; then put them in Pots, and pour the Syrup over them; cover them with Paper, and keep them in a Stove. If the Syrup grows thin, you may make a little Jelly of Pippins, and put them in, when 'tis ready, and give them one walm, and pour them again into Glasses.

To preserve whole Pippins.

TAKE *Kentish* Pippins, or Apple-*Johns*, pare them and slice them into fair Water; set them on a clear Fire, and when they are boiled to mash, let the Liquor run thorough a Hair Sieve. Boil as many Apples thus, till you have the quantity of Liquor you would have. To a pint of this Liquor you must have a pound of double-refined Sugar in great Lumps; wet the Lumps of Sugar with the Pippin Liquor, and set it over a gentle Fire, and let it boil, and scum it well, and while you are making the Jelly, you must have your whole Pippins boiling at the same time; they must be the fairest and best Pippins you can get; scoop out the Cores, and pare them neatly, and put them into fair Water as you do them. You must likewise make a Syrup ready to put them into the quantity as you think will boil them in clear; you must make that Syrup with double-refined

refined Sugar and Water; tye up your whole Pippins in a piece of fine Muſlin ſeverally, and when your Sugar and Water boils put them in; let them boil very faſt, ſo faſt that the Syrup always boils over them; ſometimes take them off, and then ſet them on again, and let them boil till they are clear and tender; then take off the Tiffany or Muſlin they were tyed up in, and put them into Glaſſes that will hold but one in a Glaſs; then ſee if your Jelly of Apple-*Johns* be boiled to jelly enough; if it be, ſqueeze in the Juice of two Lemons, and put Musk and Ambergreaſe in a Rag, and let all have a boil; then ſtrain it through a Jelly-bag into the Glaſſes your Pippins were in: You muſt be ſure to drain your Pippins well from the Syrup they were boiled in; before you put them in your Glaſſes, you may if you pleaſe boil Lemon-peel in little pieces in Water till they are tender, and then boil them in the Syrup your Pippins were boiled in; then take them out, and lay them about the Pippins before the Jelly is put in; when they are cold, paper them up.

To make Pippin Jelly.

TAKE fifteen Pippins pared, cored, and ſliced, and put them into a pint and half of Water, and let them boil till they are tender; then put them in a Strainer, and let the thin run from them, as much as it will; and to a pint of Liquor, take a pound of double-refined Sugar, wet your Sugar and boil it to Sugar again; then cut ſome Chips of candied Orange or Lemon-peel, and cut it as fine as Threds, and put it into your Sugar, and then your Liquor, and let boil till 'tis a Jelly, which will be quickly: You may perfume it with Ambergreaſe if you pleaſe; pour the Jelly into ſhallow Glaſſes, when 'tis cold paper it up, and keep it in your Stove.

To candy Angelica.

TAKE Angelica that is young, and cut it in fit Lengths, and boil it till it is pretty tender, keeping it close covered; then take it up and peel off all the Strings; then put it in again, and let it simmer and scald till 'tis very green; then take it up and dry it in a Cloth, and weigh it, and to every pound of Angelica take a pound of double-refined Sugar beaten and sifted; put your Angelica in an earthen Pan, and strew the Sugar over it, and let it stand two days; then boil it till it looks very clear, put it in a Colander to drain the Syrup from it, and take a little double-refined Sugar and boil it to Sugar again; then throw in your Angelica, and take it out in a little time, and put it on Glass-plates. It will dry in your Stove, or in an Oven after Pyes are drawn.

To make Jelly of white Currants.

TAKE your largest Currants, and strip them into a Bason, and bruise and strain them, and to every pint of Juice a pound of double-refined Sugar; just wet your Sugar with a little fair Water, and set it on a slow Fire till it melts; then make it boil, and at the same time let your Juice boil in another thing; scum them both very well, and when they have boiled a pretty while, take off your Sugar and strain the Juice into it through a Muslin; then set it on the Fire and let it boil, and if you please you may stone some white Currants and put them in, and let them boil till they are clear; have a Care you do not boil them too high; let them stand a while, then put them in Glasses.

If you would make clear Cakes of white Currants, boil the Juice just as this is; but this observe, that

that when you put your Juice and Sugar together, they muſt ſtand but ſo long on the Fire, till they are warm and well mixed, they muſt not boil together, and when 'tis cold put it in flat Glaſſes, and into your Stove to dry them; turn them often.

To make white Marmalade.

TAKE your Quinces and ſcald them, and pare them, and ſcrape the Pulp clean from the Cores, and to every pound of Pulp, put a pound of double-refined Sugar; put a little Water to your Sugar to diſſolve it, and boil it candy high; then put in the Quince Pulp, and ſet it on the Fire till it comes to a Body; let it boil very faſt, when 'tis enough put it in Gallypots.

To make red Quince Marmalade.

PARE, core, and quarter your Quinces, then weigh them, and to a pound of Quince allow a pound of ſingle-refined Sugar beaten ſmall; and to every pound of Quince a pint of Liquor; make your Liquor thus: Put your Parings and Cores, and three or four Quinces cut in pieces, into a large Skillet, with Water proportionable to the quantity of Quinces you do; cover it, and ſet it over the Fire, and let it boil two or three hours; then put in a quart of Barberries, and let them boil an hour and ſtrain all out; then put your Quince, and Liquor, and a quarter of your Sugar, into a Skillet or large preſerving Pan, and let them boil together over a gentle Fire, cover it cloſe, and take care it does not burn; ſtrew in the reſt of your Sugar by degrees, and ſtir it often from the bottom, but do not break the Quince till 'tis near enough; then break it in Lumps as ſmall as you like it; when 'tis of a good Colour and very tender, try ſome in a Spoon, if it jellies 'tis enough; then take it off, and put it in Gallypots; when 'tis cold paper it.

To

To make Marmalade of Cherries.

TAKE four pounds of Cherries, ſtone them, and put them in a preſerving Pan, with a quart of Juice of Currants; ſet them on a Charcoal Fire, and let the Fire dry away moſt of the Juice; break or maſh them, and boil three pounds of Sugarcandy high, and put the Cherries to it, and ſet it on the Fire again, and boil it till it comes to a Body; ſo put it in Glaſſes, and when 'tis cold paper it up.

To make a Paſte of green Pippins.

TAKE Pippins and ſcald them, and peel them, till they are green; when you have peeled them, have freſh warm Water ready to put them into, and cover them cloſe, and keep them warm till they are very green; then take the Pulp of them, but none of the Core, and beat it in a Mortar, and paſs it through a Colander; and to a pound of the Pulp put a pound and one ounce of double-refined Sugar; boil your Sugar till it will ball between your Fingers; put in your Pulp, and take it off the Fire to mix it well together; ſet it on the Fire again, and boil it till 'tis enough; which you may know by dropping a little on a Plate, and then put it in what form you pleaſe: Duſt it with Sugar, and ſet it in the Stove to dry; turn it, and duſt the other ſide.

To make white Quince Paſte.

SCALD the Quinces tender to the Core, and pare them, and ſcrape the Pulp clean from the Core; beat it in a Mortar, and pulp it through a Colander; take to a pound of Pulp a pound and two ounces of Sugar, boil the Sugar till 'tis candy high;

high; then put in your Pulp, ſtir it about conſtantly till you ſee it come clear from the bottom of the Preſerving-pan; then take it off, and lay it on Plates pretty thin: You may cut it in what Shape you pleaſe, or make Quince Chips of it; you muſt duſt it with Sugar when you put it into the Stove, and turn it on Papers in a Sieve and duſt the other ſide; when they are dry, put them in Boxes with Papers between. You may make red Quince Paſte the ſame way as this, only colour the Quince with Cochineal.

To dry Pears or Apples.

TAKE poppering Pears, and thruſt a piked Stick into the Head of them beyond the Core, then ſcald them, but not too tender; then pare them the long way; put them in Water, and take the weight of them in Sugar, and clarify it with Water, a pint of Water to a pound of Sugar, ſtrain the Syrup, and put in the Pears; ſet them on the Fire, and boil them pretty faſt for half an hour; cover them with Paper, and ſet them by till the next day; then boil them again, and ſet them by till the next day; then take them out of the Syrup, and boil it till 'tis thick and ropy; then put the Pears in your Preſerving-pan, and put the Syrup to them, and if it will not cover them, add ſome Sugar to them, ſet them over the Fire and let them boil up; then cover them with Paper, and ſet them in a Stove twenty-four hours; then take them out, and lay them on Sieves to dry; then lay them on Plates and duſt them with Sugar, and ſet them into your Stove to dry; and when one ſide is dry lay them on Papers, and turn them, and duſt the other ſide with Sugar; ſqueeze the Pears flat by degrees; if 'tis Apples ſqueeze the Eye to the Stalk; when they are quite dry put them in Boxes with Papers between.

To

To dry Pears or Pippins without Sugar.

TAKE your Pears or Apples and wipe them clean, and take a Bodkin and run it in at the Head and out at the Stalk, and put them in a flat earthen Pot and bake them, but not too much; you must put a quart of strong new Ale to half a peck of Pears, tye white Papers over the Pot, that they may not be scorched in baking, and when they are baked let them stand to be cold, and take them out to drain, squeeze the Pears flat, and the Apples the Eye to the Stalk, and lay them on Sieves with wide Holes to dry, either in a Stove, or an Oven that is not too hot.

To candy any sort of Flower.

TAKE your Flowers, and pick them from the white Part; then take fine Sugar and boil it candy high; boil as much as you think will receive the quantity of Flowers you do; then put in the Flowers, and stir them about till you perceive the Sugar to candy well about them; then take them off from the Fire, and keep them stirring till they are cold in the Pan you candied them in; then sift the loose Sugar from them, and keep them in Boxes very dry.

To Candy Orange-Flowers.

TAKE half a pound of double-refin'd Sugar finely beaten, wet it with Orange-flower Water, then boil it candy high, then put in a handful of Orange-Flowers, keeping it stirring but let it not boil, and when the Sugar candies about them take it off the Fire, drop it on a Plate, and set it by till 'tis cold.

To make Syrup of any Flower.

CLIP your Flowers, and take their weight in Sugar; then take a high Gallypot, and put a row of Flowers, and a ſtrowing of Sugar, till the Pot is full; then put in two or three ſpoonfuls of the ſame Syrup or ſtill'd Water; tye a Cloth on the top of the Pot, and put a Tile on that, and ſet your Gallypot in a Kettle of Water over a gentle Fire, and let it infuſe till the ſtrength is out of the Flowers, which will be in four or five hours; then ſtrain it thro' a Flannel, and when 'tis cold bottle it up.

To Candy any ſort of Fruit.

AFTER you have preſerv'd your Fruit, dip them ſuddenly into warm Water to take off the Syrup; then ſift on them double-refin'd Sugar till they look white; then ſet them on a Sieve in a warm Oven, taking them out to turn two or three times; let them not be cold till they be dry, and they will look clear as Diamonds. So keep them dry.

Another way to preſerve Oranges.

TAKE right Sevil Oranges, the thickeſt rinded you can get, lay them in Water, changing the Water twice a day for two Days; then rub them well with Salt, and waſh them well afterwards, and put them in Water, changing the Water twice a day for two days more; then put them in a large Pot of Water to boil, having another Pot of boiling Water ready to throw them into, as the other grows bitter; change them often till they are tender; then take them up in a Linnen Cloth, and a Woollen over it to keep them hot; take out one at a time, and make a little hole at the top, and pick out the

Seeds, but do not break the Meat; pare them as thin as you can with a ſharp Penknife; take to a pound of Oranges before they are opened, a pound of double-refin'd Sugar, and a pint of fair Water; boil it and ſcum it, and let it be ready when you pare them to throw them into, and when they are all pared, ſet them on the Fire, cover them cloſe, and keep them boiling as faſt as they can boil, till they look clear; then take them up into a deep Gallypot with the holes upward, fill them with Syrup, and when they are almoſt cold, pour the reſt of the Syrup over them; let them ſtand a Fortnight or three Weeks in that Syrup, then make a Jelly of Pippins, and when 'tis almoſt ready, take out your Oranges out of the Gallypot, and pour all the Syrup out of them, and put them into the Jelly, and let them have a boil or two, then put them in your Glaſſes, and when they are near cold, fill them with Jelly, the next day paper them.

To preſerve Gooſeberries in Hops.

TAKE the largeſt *Dutch* Gooſeberries, and with a Knife cut them a-croſs at the Head and half way down, and with a Bodkin pull out the Seeds clean, and do not break them; then take fine long Thorns, ſcrape them, and then put on your Gooſeberries, putting the Leaf of the one to the cut of the other, and ſo till your Thorn is full; and when they are full put them into a new Pipkin with a cloſe Cover, and cover them with Water, and let them ſtand ſcalding till they are green; then take them up, and lay them upon a Sieve to drain from the Water; be ſure they do not boil in the greening, for if they have but one walm they are ſpoiled, and while they are greening make a Syrup for them. Take whole green Gooſeberries, and boil them in Water till they all break, then ſtrain the Water thro' a Sieve and weigh your Hops, and to a pound of Hops

put

put a pound and a half of double-refin'd Sugar, put the Sugar and Hops into the Liquor, and boil them open till they are clear and green; then take them up and lay them upon Pye-plates, and boil your Syrup longer; lay your Hops in a pretty deep Gallypot, and when the Syrup is cold pour it on them, cover them with Papers, and keep them in a Stove.

To preſerve Gooſeberries whole without ſtoning.

TAKE the largeſt preſerving Gooſeberries, and pick off the black Eye, but not the Stalk; then ſet them over the Fire in a pot of Water to ſcald, cover them very cloſe, and let them ſcald but not boil or break, and when they are tender take them up into cold Water; then take a pound and half of double-refin'd Sugar to a pound of Gooſeberries, clarify the Sugar with Water, a pint to a pound of Sugar, and when the Syrup is cold, put your Gooſeberries ſingle into your Preſerving-pan, and put the Syrup to them, and ſet them on a gentle Fire and let them boil, but not too faſt, leſt they break; and when they are boiled, and you perceive the Sugar has enter'd them, take them off, cover them with white Paper, and ſet them by till the next day; then take them out of the Syrup and boil the Syrup till it begins to be ropy, ſcum it and put it to them again, and ſet them on a gentle Fire, and let them preſerve gently, till you perceive the Syrup will rope; then take them off and ſet them by till they are cold, covering them with Paper; then boil ſome Gooſeberries in fair Water, and when the Liquor is ſtrong enough ſtrain it out, let it ſtand to ſettle; and to every pint take a pound of double-refin'd Sugar and make a Jelly of it, and put the Gooſeberries in Glaſſes, and when they are cold, cover them with the Jelly; the next day paper them, wet and then

then half dry the Paper that goes in the inside, it closes down better, and then put on other Papers, and put them in your Stove.

To make Conserve of Red-roses, or any other Flowers.

TAKE Rose-buds, and pick them, and cut off the white Part from the red, and put the red Flowers and sift them thro' a Sieve to take out the Seeds; then weigh them, and to every pound of Flowers take two pound and a half of Loaf-Sugar, beat the Flowers pretty fine in a Stone Mortar; then by degrees put the Sugar to them, and beat it very well till 'tis well incorporated together; then put it into Gallypots, and tye it over with Paper, and over that Leather, and it will keep seven Years.

To stew Apples.

TAKE to a quart of Water a pound of double-refin'd Sugar, beaten fine, boil and scum it, and put into it a pound of the largest and cleerest Pippins pared, and cut in halves and cored. Let them boil, covered with a continual froth till they be as tender and clear as you would have them; then put in the Juice of two Lemons, and a little Peel cut like Threds. Let them have five or six walms after the Lemon is in; then put them in the China Dish or Salver you serve them in; they should be done two hours before used.

To dry Plums or Apricocks.

TAKE your Plums or Apricocks and weigh them, and to every pound of Fruit allow a pound of double-refin'd Sugar; then scald your Plums and stone them, and take off the Skins and lay your Plums on a dry Cloth; then just wet your Sugar and set it over the Fire, and keep it stirring

all

all one way till it boils to Sugar again ; take that Sugar, and lay ſome in the bottom of your Preſerving-pan, and lay your Plums on it, and ſtrew the reſt of the Sugar on the Plums, and let it ſtand till 'tis melted ; then heat it ſcalding hot twice a Day, but let it not boil ; and when the Syrup is very thick, and candies about the Pan, then take them out of the Syrup, and lay them on Glaſſes to dry, and keep them continually warm, ſifting a little Sugar over them until they are almoſt dry. Wet the Stones in the Syrup, and dry them with Sugar, and put them in at one end of the Plum ; and when they are thro' dry, keep them in Boxes, with Papers between.

To make Sugar of Roſes.

Clip off all the white from the red Roſe-buds, and dry the red in the Sun ; and to one ounce of that finely powdered, you muſt have one pound of Loaf-Sugar. Wet the Sugar in Roſe-water, (but if in the Seaſon, Juice of Roſes) boil it to a candy high ; then put in your Powder of Roſes, and the Juice of a Lemon ; mix it well together ; then pour it on a Pye-plate, and cut it into Lozenges, or what Form you pleaſe.

To preſerve ſmall Cucumbers Green.

Take ſmall Cucumbers, boil them, but not very tender ; when you take them out of the water, make a hole thro' every one with a large Needle ; then pare and weigh them, and to every pound allow a pound of Sugar, which make in a Syrup, with a pint of Water to every pound of Sugar ; you muſt green them before you put them into the Sugar ; then let them boil, keeping them cloſe covered ; then put them by, and for three or four days boil them a little every day ; put into the Sy-

rup the Peel of a freſh Lemon. Then make a freſh Syrup with double-refined Sugar; you muſt have three quarters of a pound to a pound of Cucumbers, and a quarter of a pint of fair Water, the Juice of a Lemon, and a little Ambergreaſe boiled in it. So do them up for uſe; paper them, when cold.

To preſerve Mulberries whole.

SET ſome Mulberries over the Fire in a Skillet, and draw from them a pint of Juice, when 'tis ſtrained. Then take three pound of Sugar, beaten very fine; wet the Sugar with the pint of Juice; boil up your Sugar, and ſcum it, and put in two pound of ripe Mulberries, and let them ſtand in the Syrup till they are thorowly warm; then ſet them on the Fire, and let them boil very gently; do them but half enough, ſo put them by in the Syrup till next day; then boil them gently again, and when the Syrup is pretty thick, and will ſtand in a round drop when 'tis cold, they are enough; ſo put all together in a Gallypot for uſe.

To make Roſe Drops.

THE Roſes and Sugar muſt be beat ſeparately into a very fine Powder, and both ſifted; to a pound of Sugar, an ounce of red Roſes: They muſt be mixed together, and then wet with as much Juice of Lemon, as will make into a ſtiff Paſte. Set it on a ſlow Fire in a Silver Porringer, and ſtir it well; and when 'tis ſcalding hot quite thro', take it off, and drop it on Paper. Set them near the Fire the next day: they'll come off.

To Candy Flowers.

GATHER your Flowers when dry; cut off the Leaves as far as the Colour is good; according to your quantity, take of double-refin'd Sugar, and wet it with fair Water, and boil it to a Candy height;

height; then put in your Flowers, of what ſort you pleaſe, as Primroſes, Violets, Cowſlips, or Borage, with a Spoon; take them out as quick as you can, with as little of the Syrup as may be, and lay them in a Diſh over a gentle Fire, and with a Knife ſpread them, that the Syrup may run from them; then change them upon another warm Diſh, and when they are dry from the Syrup, have ready ſome double-refin'd Sugar, beaten and ſifted, and ſtrew ſome on your Flowers; then take the Flowers in your Hands, and rub them gently in the hollow of your Hand, and that will open the Leaves; a Stander-by ſtrewing more Sugar into your Hand, as you ſee convenient; ſo do, till they are thorowly open'd and dry; then put your Flowers into a dry Sieve, and ſift all the Sugar clean from them. They muſt be kept in a dry place. Roſemary Flowers muſt be put whole into your Syrup: Young Mint Leaves you muſt open with your Fingers; but all Bloſſoms rub with your Hand, as directed.

To make Cakes of the Flowers.

BOIL double-refin'd Sugar, Candy high, and then ſtrew in your Flowers, and let them boil once up; then with your Hand lightly ſtrew in a little double-refin'd Sugar, ſifted; and then, as quick as may be, put it into your little Pans, made of Card, and pricked full of holes at bottom. You muſt ſet the Pans on a Pillow, or Cuſhion; when they are cold, take them out.

To make Wormwood Cakes.

TAKE one pound of double-refin'd Sugar, ſifted; mix it with the Whites of three or four Eggs well beaten; into this drop as much chymical Oil of Wormwood as you pleaſe. So drop them on Paper;

you may have some white, and some marble, with specks of Colours; with the point of a Pin, keep your Colours severally in little Gallypots. For red, take a dram of Cochineel, a little Cream of Tartar, as much of Allum; tye them up severally in little bits of fine Cloth, and put them to steep in one glass of Water, two or three Hours. When you use the Colour, press the Bags in the Water, and mix some of it with a little of the white of Egg and Sugar. Saffron colours yellow; and must be tied in a Cloth, as the red, and put in water. Powder-Blue, mix'd with the Saffron-water, makes a Green; for Blue, mix some dry Powder-blue with some water.

To Candy Orange-Flowers.

TAKE Orange-flowers, that are stiff and fresh pick'd, and boil them in a good quantity of Spring-water in a Preserving-pan, and when they are tender, take them out and drain them in a Sieve, and lay them between two Napkins, till they be very dry. Take the weight of your Flowers in double-refin'd Sugar; if you have a pound, take half a pint of Water, and boil with the Sugar till it will stand in a drop; then take it off the Fire, and when 'tis almost cold, put it to the Flowers, which must be in a silver Bason; shake them very well together, and set them in a Stove, or in the Sun; and as they begin to candy, take them out, and put them on Glasses to dry; keeping them turning till they are dry.

To preserve Raspberries whole.

TAKE the full weight of your Raspberries in double-refin'd Sugar, beaten and sifted; lay your Raspberries single in the bottom of your Preserving-pan, and put all your Sugar over them; set them on a slow Fire, till there is some Syrup in the

bottom of the Pan; then set them on a quick Fire till all the Sugar be thoroughly melted, give them two or three walms, scum them and take them up, and put them in Glasses.

To make Bisket.

TAKE the whites of four Eggs, the yolks of ten, beat them a quarter of an hour with four spoonfuls of Orange-flower Water; then add to it one pound of Loaf-sugar beaten and sifted; then beat them together an hour longer; then stir in half a pound of dry Flower, and the Peel of a Lemon grated off; mix it well together, then butter the Pans and fill them, searce some Sugar over them as you put them into the Oven; when they are risen in the Oven, take them out and lay them on a clean Cloth, and when the Oven is pretty cool put them in again on Sieves, and let them stand till they are dry, and will snap in breaking.

To make Chocolate Almonds.

TAKE a pound of Chocolate finely grated, and a pound and half of the best Sugar finely sifted; then soak Gum-dragon in Orange-flower Water, and work them into what form you please. The Paste must be stiff, dry them in a Stove.

To make Lemon Puffs.

TAKE a pound and quarter of double-refin'd Sugar beaten and sifted, and grate the Rinds of two Lemons and mix well with the Sugar; then beat the whites of three new-laid Eggs very well, and mix it well with your Sugar and Lemon-peel; beat them together an hour and quarter, then make it up in what form you please; be quick to set them in a moderate Oven, don't take them off the Papers till cold.

To preſerve Oranges whole.

TAKE the beſt and largeſt Sevil Oranges, water them three days, ſhifting them twice a day, boil them in a Copper with a great deal of Water till they be tender; they muſt be ty'd in a Cloth and kept under Water, the Water muſt boil before you put them in; then take to every pound of Orange a pound and half of double-refin'd Sugar, beaten and ſifted; then have in readineſs Apple-water made of *John*-Apples; take to every pint of that Water a pound of Sugar; then take a third Part of the Sugar and put to the Water, boil it a while, and ſet it by to cool; then cut a little hole in the bottom of your Orange, and pick out all the Seeds, and fill them up with what Sugar is left; prick your Oranges all over with a Bodkin; then put them into your Syrup, boiling them ſo faſt that the Syrup may cover them; then put in your Sugar that is left. When the Syrup will jelly and the Oranges look clear, they are enough; then glaſs them with the holes uppermoſt, and pour the Syrup upon them.

To make Almond Loaves.

BLANCH your Almonds in hot Water, and throw them into cold; then take their Weight in double-refin'd Sugar finely ſearc'd, beat them together until they come to a Paſte; then make them up into little Loaves; then ice them over with ſome white of Egg and Sugar; bake them on Paper: If you pleaſe you may throw your Almonds into Orange-flower Water inſtead of cold Water.

To make Lemon Biſket.

TAKE ſix yellow Rinds well beat, with a pound of double-refin'd Sugar, and Whites of four Eggs, till come to a Paſte; lay them on Wafer-Paper, ſo bake them on Tins.

To

To make Orange-Chips criſp.

PARE your Oranges very thin, leaving as little white on the Peel as poſſible, throw the Rinds into fair Water as you pare them off; then boil them therein very faſt till they are tender, ſtill filling up the Pan with boiling Water as it waſtes away; then make a thin Syrup with part of the Water they were boil'd in, and put the Rinds therein and juſt let them boil; then take them off, and let them lie in the Syrup three or four days; then boil them again till you find the Syrup begins to draw between your Fingers; then take them off from the Fire, and let them drain between a Colander; take out but a few at a time, becauſe if they cool too faſt it will be difficult to get the Syrup from them, which muſt be done by paſſing every Piece of Peel thro' your Fingers, and laying them ſingle on a Sieve with the Rind uppermoſt: The Sieves may be ſet in a Stove, or before the Fire, but in Summer the Sun is hot enough to dry them. Three pound of Sugar will make Syrup to do the Peels of twenty-five Oranges.

To make Syrup of Orange-Peel.

TO every pint of the Water in which the Orange-Peels was ſteep'd, put a pound of Sugar, boil it, and when it has boil'd a little ſqueeze in ſome Juice of Lemon, and make it more or leſs ſharp to your Taſte; filter the Lemon-Juice thro' Cap-Paper, as it boils ſcum it clear; and when boiled enough to keep, take it off the Fire, and when cold bottle it. When your Orange-Peels are dry'd on one ſide, turn the other, and ſo do till they are criſp; bruſh the Sugar from them, then take a Cloth dipp'd in warm Water, and wipe off all that

remains of Sugar on the Rind ſide; then lay them on the Sieve again, and in an hour they will be dry enough to put into your Boxes to keep.

To make Orange Marmalade.

TAKE the beſt Sevil Oranges and weigh a pound of them, then pare off all the yellow Rind very thin, quarter the Peel and put them in Water; cover them down cloſe, and ſhift the Water ſix or ſeven times as it boils to take the Bitterneſs out, and that they may look clear, and be tender; then take them out, dry them in a Cloth, take out all the Strings and cut them thin as Pallets; then take a pound of double-refin'd Sugar beaten, and boil it with a little Water to a Candy height, ſcum it clean and put in your Peels; let them boil near half an hour: have in readineſs your Orange-meat all pick'd from the Skins and Seeds, and the Juice of two large Lemons, and put it into the Peels, and boil all together a quarter of an hour longer; ſo glaſs it up, and paper it when cold.

To make Orange Cakes.

CUT your Oranges, pick out all your Meat and Juice free from the Strings and Seeds, and ſet it by; then boil it and ſhift the Water till your Peels are tender, dry them in a Cloth and mince them ſmall, and put them to the Juice; to a pound of that weigh a pound and half of double-refin'd Sugar; dip your Lumps of Sugar in Water and boil it to a Candy height; take it off the Fire and put in your Juice and Peel, ſtir it well, and when 'tis almoſt cold put it in a Baſon and ſet it in a Stove; then lay it thin on earthen Plates to dry, and as it candies faſhion it with your Knife; and as they dry lay them on Glaſs; when your Plate is empty, put more out of your Baſon.

To

To make Lemon Cakes.

GRATE off the yellow Rind of your Lemon, and ſqueeze your Juice to that Peel; take two Apples to every Lemon, pare and core them, and boil them clear, then put them to your Lemon: to a pound of this put two pound of double-refin'd Sugar, then order it as the Orange.

To candy Orange-flowers.

TAKE Orange-flowers that are ſtiff and freſh, boil them in a good quantity of Spring-water in a Preſerving-pan, and when they are tender take them up, and drain them thro' a Sieve, and dry them between Napkins very dry; take the Weight in double-refin'd Sugar, and to a pound put half a pint of Water, boil it till it ſtands in a thick Drop, and when 'tis almoſt cold put it to your Flowers in a Silver or China Baſon; ſhake them well together, and ſet them in a Stove, or Sun, and when they begin to candy take them out, and lay them on Glaſſes to dry; ſift Sugar on them, and turn them every day till they are criſp.

To make clear Candy.

TAKE ſix ounces of Water and four ounces of fine Sugar ſearc'd, ſet it on a ſlow Fire to melt without ſtirring, let it boil till it comes to a ſtrong Candy; then have ready your Peel or Fruit ſcalded hot in the Syrup they were kept in, drain them very well from it, and put them into your Candy, which you muſt rub on the ſides of your Baſon with the back of your Spoon till you ſee the Candy pretty white; take out your Fruit with a Fork, touch it not with your Fingers: if right, the Candy will

will ſhine on your Fruit, and dry in three or four hours in an indifferent hot Stove: Lay your Fruit on Sieves.

To keep Fruit in Syrup to candy.

IF you candy Orange or Lemon-Peels, you muſt firſt rub them with Salt; then cut in what Faſhion you pleaſe, and keep them in Water two days; then boil them tender, ſhifting the Water you boil them in two or three times; you muſt have a Syrup ready, a pint of Water to a pound of Sugar, ſcald your Peels in it till they look clear. Fruit is done the ſame way, but not boil'd till you put them in your Syrup; you muſt heat your Syrup once a Week, taking out your Fruit, and put them in again while the Syrup is hot, they will keep all the Year.

To dry Apricocks like Prunello's.

TAKE a pound of Apricocks, being cut in halves or quarters, let them boil till they be very tender in a thin Syrup; let them ſtand a day or two in the Stove; then take them out of the Syrup, and lay them drying till they be as dry as Prunello's, then box them: You may make your Syrup red with the Juice of red Plums; if you pleaſe you may pare them.

To preſerve green Cucumbers.

TAKE Gerkins, rub them clean, then green them in hot Water; then take their Weight in double-refin'd Sugar, boil it to a thick Syrup with a quarter of a pint of Spring-water to every pound of Sugar; then put in your Cucumbers and ſet them over the Fire, but not to boil faſt; ſo do two or three days. The laſt day boil them till they are tender and clear, ſo glaſs them up.

To

To make clear Cakes of Gooſeberries.

TAKE your white *Dutch* Gooſeberries when they are thorough ripe, break them with your Fingers and ſqueeze out all the Pulp into a fine piece of Cambrick or thick Muſlin to run thro' clear; then weigh the Juice and Sugar one againſt the other; then boil the Juice a little while, then put in your Sugar and let it diſſolve, but not boil; ſcum it and put it into Glaſſes, and ſtove it in a warm Stove.

Another way to make Orange Marmalade.

RASP your Oranges, cut out all the Meat, boil the Rinds very tender, and cut them very fine; then take three pound of double-refin'd Sugar, and a pint of Water, boil and ſcum it, and then put in a pound of Rind; boil it very faſt till the Sugar is very thick, then put in the Meat of your Oranges, the Seeds and Skins being pickt out, and a Pint of very ſtrong Pippin Jelly; boil all together very faſt half an hour, then put it in flat Pots or Glaſſes: When 'tis cold paper it up.

To preſerve Cherries.

GATHER your Cherries of a bright red, not too ripe; weigh them, and to every pound of Cherries put three quarters of a pound of double-refin'd Sugar beaten fine; ſtone them and ſtrew ſome Sugar on them, as you ſtone them; to keep their Colour, wet your Sugar with fair Water near half a Pint, and boil and ſcum it, then put in three ſmall Spoonfuls of the Juice of Currants, that was infuſed with a little Water; give it another boil and ſcum, and put in your Cherries; boil them till they are tender, then pour them into a *China* Baſon, cover them with Paper and ſet them by twenty four hours, then put them in your Preſerving-pan, and boil

boil them till they look clear; put them in your Glaſs clear from the Syrup, and put the Syrup on them ſtrain'd thro' Muſlin.

To preſerve Apricocks that are ripe.

GATHER your Apricocks about half ripe, before they look too yellow; weigh them, and to every pound put three quarters of a pound of treble-refin'd Sugar finely beaten and ſifted, then pare 'em and cut 'em in the parting of the Apricock to take out the Stone; then make a fine Syrup of the Sugar, keeping a little out to ſtrow on them whilſt they are boiling; and after they are boiled a little take 'em out of the Pan and put 'em in a Baſon, and cover 'em cloſe with Paper, and let them ſtand twenty four hours; be careful not to break them in taking them out: The next Day boil them up for good, put 'em in your Glaſſes with care, ſtrain your Syrup over them thro' Muſlin.

To candy Orange Chips.

PARE your Oranges and ſoak the Peelings in Water two days, and ſhift the Water twice; but if you love them bitter ſoak them not; Tie your Peels up in a Cloth, and when your Water boils put them in, and let them boil till they are tender; then take what double-refin'd Sugar will do, and break it ſmall and wet it with a little Water, and let it boil till 'tis near Candy-high; then cut your Peels of what length you pleaſe, and put them into the Syrup; ſet them on the Fire and let them heat well thro', then let them ſtand a while; heat them twice a day, but not boil: Let them be ſo done till they begin to candy, then take them out and put them on Plates to dry, and when they are dry keep them near the Fire.

To candy Orange Flowers.

FIRST pick your Orange-flowers, and boil them quick in fair Water till they are very tender; then drain them thro' a Hair-ſieve very clean from the Water; to a pound of the beſt double-refin'd Sugar take half a Pint of fair Water, and as much Orange-flower Water, and boil it up to a thick Syrup; then put it out into broad flat Glaſſes, and let the Syrup ſtand in the Glaſſes about an Inch thick; when 'tis near cold drop in your Flowers as many as you think convenient, and ſet your Glaſſes in a Stove with a moderate heat, for the ſlower they candy the finer the Rock will be. When you ſee it is well candy'd top and bottom, and that it gliſſens, break the Candy at top in as great Fleaks as you can, and lay the biggeſt Piece at the bottom on Glaſs-plates, and pick out the reſt, and pile it up with the Flowers to what ſize you pleaſe; after that it will preſently be dry in a Stove.

To make Marmalade of Apricocks.

GATHER your Apricocks juſt turn'd from the green of a very pale yellow, pare them thin and weigh them, three quarters of a pound of double-refin'd Sugar to a pound of Apricocks; then cut them in halves, take out the Stones and ſlice them thin; beat your Sugar and put it in your Preſerving-pan with your ſlic'd Apricocks, and three or four Spoonfuls of Water: boil and ſcum them, and when they are tender put them in Glaſſes.

To make a Gooſeberry Gam.

GATHER your Gooſeberries full ripe, but green; top and tail them, and weigh them; a pound of Fruit to three quarters of a pound of double-refin'd Sugar, and half a Pint of Water; boil them till clear and tender, then put it in Pots.

To keep Orange-flowers in Syrup.

PICK off the Leaves, and throw them in Water boiling on the Fire, and ſqueeze into it the Juice of two or three Lemons; let them boil half a quarter of an hour, and then throw them into cold Water, then drain 'em and lay 'em on Cloths to drain well, then beat and ſift ſome double-refin'd Sugar; lay ſome on the bottom of a Gallypot, and then a Layer of Flowers, and then more Sugar till all is in: when the Sugar melts, put in more till there is a pretty deal of Syrup; ſo paper them up for uſe. You may put them in Jelly, or what you pleaſe.

To make white Quince Marmalade.

SCALD your Quinces tender, take off the Skin and pulp them from the Core very fine, and to every pound of Quince have a pound and half of double-refin'd Sugar in Lumps, and half a pint of Water, dip your Sugar in the Water and boil and ſcum it till 'tis a thick Syrup: then put in your Quince, boil and ſcum it on a quick Fire a quarter of an hour, ſo put in your Pots.

To make red Quince Marmalade.

PARE and core a pound of Quince, beat the Parings and Cores and ſome of your worſt Quinces, and ſtrain out the Juice; and to every pound of Quince take ten or twelve Spoonfuls of that Juice, and three quarters of a pound of Loaf-Sugar, put all into your Preſerving-pan, cover it cloſe and let it ſtew over a gentle Fire two hours; when 'tis of an Orange-red, uncover and boil it up as faſt as you can: when of a good Colour, break it as you like it, give it a boil and pot it up.

To make Syrup of Marsh-mallows.

TAKE Marshmallow-Roots, four Ounces, Grass-Roots, Asparagus-Roots, Liquorish, stoned Raisins, of each half an Ounce, the tops of Marshmallows, Pellitory, Pimpernel, Saxafrage, Plantan, Maiden-hair white and black, of each a handful, red Sisers one Ounce; the four greater and four lesser cold Seeds of each three Drams: bruise all these and boil them in three Quarts of Water till it comes to two; then put to it four pound of white Sugar till it comes to a Syrup: put to every pint the White of an Egg to clarify it.

To make Syrup of Saffron.

TAKE a Pint of the best Canary, and as much Balm-Water, and half an Ounce of *English* Saffron, open and pull the Saffron very well, and put it into the Liquor to infuse; let it stand close cover'd (so as to be hot, but not boil) twelve hours, then strain it out as hot as you can, and add to it three pound of double-refin'd Sugar; boil it till it is well incorporated, and when 'tis cold bottle it, and take one Spoonful in a little Sack or small Cordial, as Occasion serves.

A Syrup for a Cough or Asthma.

TAKE of Hysop and Peny-Royal Water of each a quarter of a Pint, slice into it a small Stick of Liquorish and a few Raisins of the Sun stoned; let it simmer together a quarter of an hour, and then make it into a Syrup with brown Sugar-Candy, boil it a little, and then put in four or five Spoonfuls of Snail-Water; give it a walm, and when 'tis cold bottle it: take one Spoonful Morning and Night

Night, with three Drops of Balsam of Sulphur in it: You may take a little of the Syrup without the Drops once or twice a-day. If the Party is short-breath'd, a Blister is very good.

To make Syrup of Balsam for a Cough.

TAKE one Ounce of Balsam of *Tolu*, and put to it a Quart of Spring-watet; let them boil together two hours, then put in a pound of white Sugar-Candy finely beaten, and let it boil half an hour longer; take out the Balsam, and strain the Syrup thro' a Flannel-bag twice; when 'tis cold put it in a Bottle. This Syrup is excellent for a Cough; take a Spoonful of it as you lie down in your Bed, and a little at any time. When your Cough troubles you, you may add to it two Ounces of Syrup of red Poppies, and as much of Raspberry Syrup.

A Syrup for a Cough.

TAKE a handful of Oak-Lungs, a handful of *French* Moss, a handful of Maiden-hair; boil all these in three pints of Spring-water till it comes to a quart; then strain it out and put to it six penny-worth of Saffron ty'd up in a Rag, and two pound of brown Sugar-Candy; boil it up to a Syrup, and when 'tis cold bottle it: take a spoonful of it as often as your Cough troubles you.

For a Cough.

TAKE three quarts of Spring-water and put it in a large Pipkin, with a Calves-foot and four spoonfuls of Barley, and a handful of dry'd Poppies; boil it together till one quart be consumed, then strain it out and add a little Cinnamon and

and a pint of Milk, and ſweeten it to your Taſte with Loaf-Sugar: warm it a little and drink half a pint as often as you pleaſe.

To make Conſerve of Hips.

GATHER the Hips before they grow ſoft, cut off the Heads and Stalks, ſlit them in halves and take out all the ſeeds and white that is in them very clean; then put them into an earthen Pan, and ſtir them every day, elſe they will grow mouldy: let them ſtand till they are ſoft enough to rub thro' a coarſe Hair-ſieve; as the Pulp comes, take it off the Sieve: they are a dry Berry, and will require pains to rub it thro': then add its weight in Sugar, and mix it well together without boiling; keep it in deep Gallypots for uſe.

To make Lozenges for the Heart-burn.

TAKE of white Sugar-Candy one pound, Chalk three ounces, bole-armoniac five ſcruples, Crabs-eyes one ounce, red Coral four ſcruples, Nutmegs one ſcruple, Pearl two ſcruples; let all theſe be beaten and ſifted, and make all into a Paſte with a little Spring-water, roll it out and cut your Lozenges out with a Thimble, lay them to dry. Eat four or five at a time as often as you pleaſe.

To make Syrup of Garlick.

TAKE two heads of Garlick, peel it clean and boil it in a pint of Water a pretty while, then put away that Water and put a pint more to your Garlick, and boil it till the Garlick is tender; then ſtraining it off, add a pound of double-refin'd Sugar to it, and boil it in Silver or Tin till 'tis a thick Syrup; ſcum it well and keep it for uſe: and take a ſpoonful in a Morning faſting, another laſt at Night, for a ſhort Breath.

To prevent After-pains.

TAKE nine ſingle Piony-ſeeds powder'd, the ſame quantity of Powder of Borax, and a little Nutmeg; mix all theſe with a little white Aniſeed-water in a Spoon, and give it the Woman; and a little Aniſeed-water after it as ſoon as poſſible after ſhe is laid in Bed.

To cure the Tooth-ach.

TAKE half an Ounce of Conſerve of Roſemary over Night, and half a Dram of Extract of Rudium in the Morning; do this three times together; keep warm.

To cure the Jaundice.

TAKE a live Tench, ſlit it down the Belly; take out the Guts and clap the Tench to the Stomach as faſt as poſſible, and it will cure immediately.

To ſtop bleeding at Mouth, Noſe or Ears.

IN the Month of *May* take a clean Linen Cloth, and wet it in the Spawn of Frogs nine days, drying it every day in the Wind; lay up that Cloth, and when you have need hold it to the place where the Blood runs, and it will ſtop.

Another to ſtop bleeding.

TAKE two handfuls of the tops of Bramble-wood, and boil it in a Quart of old Claret till it comes to a Pint, give ſix ſpoonfuls once in half an hour. In the Winter the Roots will do.

To

To cure the Dropſy.

TAKE ſix Gallons of Ale pretty ſtrong, but little hopt, then take Alexander, red Sage, Scurvy-graſs, Ground-Ivy, and the long green Leaves of Flower-de-luce, of each two handfuls; bruiſe theſe well, and boil them well in the Ale; then ſtrain it out, and when 'tis cool work it as other Ale; put it in your Veſſel, and when 'tis clear drink of it in a Morning faſting, and drink no other drink except White-Wine; ſometimes drink good draughts of it at a time.

An excellent Medicine for ſhortneſs of Breath.

TAKE half an Ounce of flower of Brimſtone, a quarter of an Ounce of beaten Ginger, and three quarters of an Ounce of beaten Sena, and mix all together in four Ounces of Honey; take the bigneſs of a Nutmeg Night and Morning for five Days together; then once a Week for ſome time; then once a Fortnight.

For ſhortneſs of Breath.

TAKE two quarts of Elder-berry juice when very ripe, put one quart in a Pipkin to boil, and as it conſumes, put in the reſt by a little at a time, boil it to a Balſam, it will take five or ſix Hours in boiling, take a little of it Night and Morning, or any time.

To Cure a pimpled Face, and ſweeten the Blood.

TAKE Sena one Ounce, put it in a ſmall Steam Pot, and pour a quart or more of boiling Water on it; then put in as many Prunes as you can

get in; cover with Paper, and set it in the Oven with Household Bread, and take of this every day, one, two or three, or more of the Prunes and Liquor according as it operates. Continue this always, or at least half a Year.

To Cure the Dropsy, Rheumatism, Scurvy and Cough of the Lungs.

TAKE *English* Orris-Root, Squills, and Elecampane-Roots each one Ounce, Hyssop and Hoar-hound Leaves each one handful, the inner rind of green Elder and dwarf Elder of each one handful, Sena one Ounce and half, Agarick two Drachms, Ginger one Drachm; cut the Roots thin and bruise the Leaves, and put them into two quarts of the best *Lisbon* Wine; let these boil an hour and half on a gentle Fire in an earthen Mug very close stop'd with a Cork, and tied down with a Bladder that no Air come to it, and so set it in a large Pot of boiling Water; set it so that no Water get into the Mug, which must hold three quarts, that all the Ingredients may have room to go in: when 'tis almost cold, strain it out very hard, you must scrape the Elder downwards. Take this for a Week together if you can, and then miss a Day, and if that does not do, go on with your other Bottle of the same; take it in a Morning fasting, ten Spoonfuls at a time without any Posset-drink, it will both Vomit and Purge you; 'tis an unpleasant taste, therefore take a lump of Sugar after it; when 'tis quite cold after 'tis strained off, let it stand in a Flagon to settle a Night and a Day: then bottle it up clear and fine for your Use; 'tis an admirable Medicine.

To ſtop Bleeding.

TAKE a Pint of Plantane-water, put to it two Ounces of Iſinglaſs, and let it ſtand 24 Hours to diſſolve; pour it from the Dregs, and put it in a Pint of good red Port-Wine, and add to it three or four ſticks of Cinnamon, and two Ounces of double-refin'd Sugar; give it a boil or two, and pour it off; let the Party take two or three Spoonfuls two or three times a Day.

To preſerve Apricocks Ripe.

GATHER your Apricocks of a fine Colour, but not too ripe; weigh them, and to every Pound of Apricocks put a pound of double-refin'd Sugar beaten and ſifted; ſtone and pare your Apricocks, as you pare them, put them into the Pan you do them in, with Sugar ſtrew'd over and under them; let them not touch one another, but put Sugar between, cover them up, and let them lie till the next Day; then ſtir them gently till the Sugar is melted; then put them on a quick Fire, and let them boil half an hour, ſcumming exceeding well all the while; then take it off, and cover it till 'tis quite cold, or till the next Day; then boil it again, ſcumming it very well till 'tis enough, ſo put it in Pots.

To Green Apricocks.

TAKE green Apricocks about the middle of *June*, or when the Stone is hard; put them on the Fire in cold Water three or four Hours, cover them cloſe, but firſt take their weight in double-refin'd Sugar; then pare them nicely, dip your Sugar in Water, and boil the Water and Sugar very well; then put in your Apricocks, and let them boil till they begin to open; then take out the Stone and cloſe it up again, and put them in the Syrup, and let them boil till they are enough, ſcumming all the while, then put them in Pots.

To preserve the great white Plum.

TO a pound of Plums, take three quarters of a Pound of double-refin'd Sugar in lumps, dip your Sugar in Water, and boil and scum very well, slit your Plums down the seam, and put them into the Syrup with the slit downward; let them stew over the Fire a quarter of an Hour, scum very well, and take them off, and when cold, turn them and cover them up, and turn them in the Syrup every Day two or three times a Day for 5 Days, then put them in Pots.

To make Jelly of Currants.

STRIP your Currants, put them in a Jug, and infuse in Water, strain out the Juice upon Sugar, sweeten to your Taste, boil it a great while till it jellies, scumming all the while, and then put it in your Glasses.

To make Apricock Chips.

PARE your Apricocks and part them in the middle; take out the Stone and cut them cross ways pretty thin, as you cut them strew a very little Sugar over them, beaten and sifted; then set them on the Fire, and let them stew gently a quarter of an hour, then take them off, cover them up and set them by till the next day; then set them on the Fire as long as before, take them out one by one and lay them on a Sieve, strew Sugar on the Sieve and over them; dry them in the Sun or cool Oven, turn them often, when dry put them in Boxes.

To make a sweet Bag for Linen.

TAKE a Pound of Orace-Roots, a Pound of sweet Calamus, a Pound of Cypress-Roots, a Pound of dry'd Lemon-peel, a Pound of dry'd Orange-peel, a Peck of dry'd Roses, make all these into a gross Powder; Coriander-Seeds 4 Ounces, Nutmegs

Nutmegs one Ounce and half, an Ounce of Cloves; make all theſe into fine Powder, and mix with the other; add Musk and Ambergreaſe, then take four large handfuls of Lavander-Flowers dry'd and rubb'd, a handful of ſweet Marjoram, a handful of Orange-Leaves, a handful of young Walnut-Leaves, all dry'd and rubb'd; mix all together with ſome bits of Cotton perfumed with Eſſences, and put it up into ſilk Bags to lay with your Linen.

To make the burning Perfume.

TAKE a quarter of a Pound of Damask-roſe Leaves, beat them by themſelves, one Ounce of Orace-Root ſliced very thin, and ſteep'd in Roſe-water. Beat them well together, and put to it two Grains of Musk, as much Civet, two Ounces of Benjamin finely powder'd; mix all together, and add a little powder'd Sugar, and make them up in little round Cakes, and lay them ſingly on Papers to dry; ſet them in a Window where the Sun comes, they'll dry in two or three Days; make them in *June*.

An admirable Tincture for green Wounds.

BALSAM of *Peru* one Ounce, Storax Calamita two Ounces, Benjamin three Ounces, Aloes Socatrina, Myrrh, Electuary pure and Frankincenſe, of each half an Ounce, Angelica-Roots, and Flowers of St. *John's-wort*, of each half an Ounce, Spirit of Wine one Pint, beat the Drugs, ſcrape and ſlice the Roots and put it into a Bottle, ſtop it well, and let it ſtand in the Sun *July*, *Auguſt*, and *September*, and then ſtrain it thro' a fine Linen Cloth; put it in a Bottle, ſtop it cloſe and keep it for uſe. Apply it to a green Wound, dip a Feather in it and anoint the Wound; then dip Lint in it, and put on it, and bind it up with a Cloth, but let no Plaiſter touch it; twice a Day wet the Lint with a Feather, but not take it off till 'tis well.

All Sorts of made Wines.

To make Apricock Wine.

TAKE three pound of Sugar, and three Quarts of Water, let them boil together and ſcum it well; then put in ſix pound of Apricocks pared and ſtoned, and let them boil till they are tender; then take them up, and when the Liquor is cold bottle it up. You may, if you pleaſe, after you have taken out the Apricocks, let the Liquor have one boil with a ſprig of flower'd Clary in it, the Apricocks make Marmalade, and is very good for preſent ſpending.

To make Gooſeberry Wine.

TAKE to every 4 Pound of Gooſeberries a pound and a quarter of Sugar, and a Quart of fair Water; bruiſe the Berries and ſteep them 24 Hours in the Water, ſtirring them often; then preſs the Liquor from them, and put your Sugar to your Liquor; then put it in a Veſſel fit for it, and when it has done working, ſtop it up, and let it ſtand a Month, then rack it off into another Veſſel, and let it ſtand 5 or 6 Weeks longer; then bottle it out, putting a ſmall lump of Sugar into every Bottle; Cork your Bottles well, and at 3 Months end it will be fit to drink. In the ſame manner is Currant and Raſpberry-Wine made; but Cherry-Wine differs,

for

for the Cherries are not to be bruiſed but ſtoned, and put the Sugar and Water together and give it a boil and a ſcum, and then put in your Fruit, and let it ſtew with a gentle Fire a quarter of an hour; then let it run thro' a Sieve without preſſing, and when 'tis cold put it in a Veſſel, and order it as your Gooſeberry or Currant Wine: The only Cherries for Wine are the great Bearers, *Murrey* Cherries, *Morello's*, black *Flanders*, or the *John Treduskin* Cherries.

Pearl Gooſeberry Wine.

TAKE as many as you pleaſe of the beſt Pearl Gooſeberries and bruiſe them, and let them ſtand all Night, the next Morning preſs or ſqueeze them out, and let the Liquor ſtand to ſettle ſeven or eight hours; then pour off the Clear from the Settling, and meaſure it as you put it into your Veſſel, and to every three pints of Liquor put a pound of double-refin'd Sugar; break your Sugar in ſmall Lumps, and put it in the Veſſel with a bit of Iſinglaſs and ſtop it up, and at three Months end bottle it out, putting into every Bottle a Lump of double-refin'd Sugar; this is the fine Gooſeberry Wine.

To make Cherry Brandy.

TAKE ſix dozen pounds of Cherries, half red and half black, and maſh or ſqueeze them with your Hands to pieces, and put to them three Gallons of Brandy, and let them ſtand ſteeping twenty-four hours; then put the maſh'd Cherries and Liquor a little at a time into a Canvas Bag, and preſs it as long as any Juice will run; ſweeten it to your Taſte, and put it into a Veſſel fit for it, and let it ſtand a Month and bottle it out, put a Lump of Loaf-ſugar into every Bottle.

To

To make of Cherry Wine.

PULL the Stalks off the Cherries, and mash them without breaking the Stone; then press them hard thro' a hair Bag, and to every Gallon of Liquor put a pound and half of six-penny Sugar: the Vessel must be full, and let it work as long as it makes a Noise in the Vessel; then stop it up close for a Month or six Weeks; when 'tis fine, draw it into Bottles, put a Lump of Loaf-Sugar into every Bottle, and if any of them fly, open them all for a Moment and cork them well again; it will not be fit to drink in a quarter of a Year.

To make Currant Wine.

TAKE four Gallons of Currants, not too ripe, and strip them into an earthen Stean that has a Cover to it; then take two Gallons and half of Water, and five pounds and half of double-refin'd Sugar, boil the Sugar and Water together, and scum it, and pour it boiling hot on the Currants, and let it stand forty-eight Hours, then strain it thro' a Flannel Bag into the Stean again, and let it stand a Fortnight to settle, and bottle it out.

To make strong Mead.

TAKE of Spring-water what quantity you please, and make it more than blood warm, and dissolve Honey in it till 'tis strong enough to bear an Egg, the breadth of a Shilling; then boil it gently near an Hour, taking off the scum as it riseth; then put to about nine or ten Gallons, seven or eight large blades of Mace, three Nutmegs quarter'd, twenty Cloves, three or four sticks of Cinnamon, two or three Roots of Ginger, and a quarter of an ounce of *Jamaica* Pepper; put these Spices into the Kettle to the Honey and Water, and

and a whole Lemon, with a ſprig of ſweet Briar, and a ſprig of Roſemary; tye the Briar and Roſemary together, and when they have boiled a little while, take them out and throw them away; but let your Liquor ſtand on the Spice in a clean earthen Pot till the next day; then ſtrain it into a Veſſel that is fit for it; put the Spice in a Bag, and hang it in the Veſſel, ſtop it up, and at three Months draw it into Bottles. Be ſure that 'tis fine when 'tis bottled, after 'tis bottled ſix Weeks 'tis fit to drink.

To make ſmall White Mead.

TAKE three Gallons of Spring-water and make it hot, and diſſolve in it three quarts of Honey and a pound of Loaf-ſugar; then let it boil about half an hour, and ſcum it as long as any riſes; then pour it out into a Tub, and ſqueeze in the Juice of four Lemons; put in the Rinds of but twenty-two Cloves, two races of Ginger, a top of ſweet Briar, and a top of Roſemary. Let it ſtand in the Tub till 'tis but blood warm; then make a brown Toaſt and ſpread it with two or three ſpoonfuls of Ale-yeaſt, put it into a Veſſel fit for it; let it ſtand four or five days, then bottle it out.

To make Raiſin Wine.

TAKE two Gallons of Spring-water, and let it boil half an hour; then put into a Stean-pot two pounds of Raiſins ſtoned, two pounds of Sugar, the Rind of two Lemons, the Juice of four Lemons; then pour the boiling Water on the Things in the Stean, and let it ſtand covered four or five days, ſtrain it out and bottle it up; in fifteen or ſixteen days it will be fit to drink. 'Tis a very cool and pleaſant Drink in hot Weather.

To

To make Shrub.

TAKE two quarts of Brandy, and put it in a large Bottle, and put into it the Juice of five Lemons, the Peels of two, half a Nutmeg, ſtop it up, and let it ſtand three days, and add to it three pints of White-wine, a pound and half of Sugar; mix it, and ſtrain it twice thro' a Flannel, and bottle it up; 'tis a pretty Wine and a Cordial.

To make Orange Wine.

PUT twelve pounds of fine Sugar, and the whites of eight Eggs well beaten into ſix Gallons of Spring-water; let it boil an hour, ſcumming it all the time, take it off, and when 'tis pretty cool, put in the Juice and Rinds of fifty Sevil Oranges, and ſix ſpoonfuls of good Ale-yeaſt, and let it ſtand two days: then put it into your Veſſel with two quarts of Rheniſh-wine, and the Juice of twelve Lemons. You muſt let the Juice of Lemons and Wine, and two pounds of double-refin'd Sugar ſtand cloſe covered ten or twelve hours before you put it in the Veſſel to your Orange Wine, and ſcum off the Seeds before you put it in. The Lemon-Peels muſt be put in with the Oranges, half the Rinds muſt be put into the Veſſel; it muſt ſtand ten or twelve days before 'tis fit to bottle.

To make Birch Wine.

IN *March* bore a hole in a Tree, and put in a Faucet, and it will run two or three days together without hurting the Tree; then put in a Pin to ſtop it, and the next Year you may draw as much from the ſame hole; put to every Gallon of the Liquor a quart of good Honey and ſtir it well together, boil it an hour, ſcum it well, and put in a few Cloves and a piece of Lemon-Peel; when 'tis

almoſt cold, put to it ſo much Ale-yeaſt as will make it work like new Ale, and when the Yeaſt begins to ſettle, put it in a Runlet that will juſt hold it: So let it ſtand ſix Weeks or longer, if you pleaſe; then bottle it, and in a Month you may drink it. It will keep a Year or two. You may make it with Sugar, two pounds to a Gallon, or ſomething more; if you keep it long. This is admirable wholſome as well as pleaſant, an Opener of Obſtructions, good againſt the Phthiſick, and good againſt the Spleen and Scurvy, a Remedy for the Stone, it will abate Heat in a Fever or Thruſh, and has been given with good Succeſs.

To make Sage Wine.

BOIL twenty-ſix quarts of Spring-water a quarter of an hour, and when 'tis blood warm, put twenty-five pounds of *Malaga* Raiſins pick'd, rubb'd and ſhred into it, with almoſt half a Buſhel of red Sage ſhred, and a Porringer of Ale-yeaſt; ſtir all well together, and let it ſtand in a Tub covered warm ſix or ſeven days, ſtirring it once a day; then ſtrain it out, and put it in a Runlet. Let it work three or four days, ſtop it up; when it has ſtood ſix or ſeven days, put in a quart or two of *Malaga* Sack, and when 'tis fine bottle it.

To make Cowſlip Wine.

TO ſix Gallons of Water put fourteen pounds of Sugar, ſtir it well together, and beat the whites of twenty Eggs very well, and mix it with the Liquor, and make it boil as faſt as poſſible, ſcum it well, and let it continue boiling two hours; then ſtrain it thro' a hair Sieve and ſet it a cooling, and when 'tis as cold as Wort ſhould be, put a ſmall quantity of Yeaſt to it on a Toaſt, or in a Diſh: Let it ſtand all Night working, then bruiſe a Peck

of

of Cowslips, and put them into your Vessel and your Liquor upon them, and six ounces of Syrup of Lemons; cut a Turf of Grass and lay on the Bung; let it stand a Fortnight and then bottle it. Put your Tap into your Vessel before you put your Wine in, that you may not shake it.

To make Raspberry Wine.

TAKE your quantity of Raspberries and bruise them, put them in an open Pot 24 hours; then squeeze out the Juice, and to every Gallon put three pounds of fine Sugar, and two quarts of Canary, put it into a Stean or Vessel, and when it hath done working, stop it close; when 'tis fine bottle it. It must stand two Months before you drink it.

To make Morella Cherry Wine.

LET your Cherries be very ripe, pick off the Stalks, and bruise your Fruit without breaking the Stones; put them in an open Vessel together; let them stand 24 hours, then press them, and to every Gallon put two pounds of fine Sugar; then put it up in your Cask, and when it has done working, stop it close, let it stand three or four Months and bottle it; it will be fit to drink in two Months.

To make Quince Wine.

TAKE your Quinces when they are thorough ripe, wipe off the Fur very clean; then take out the Cores and bruise them as you do Apples for Cyder, and press them, and to every Gallon of Juice put two pounds and half of fine Sugar, stir it together till 'tis dissolv'd; then put it in your Cask, and when it has done working stop it close; let it stand till *March* before you bottle it. You may keep it two or three Years it will be the better.

Another sort of Raspberry Wine.

TAKE four Gallons of Raspberries, and put them in an earthen Pot, and then take four Gallons of Water and boil it two hours, and let it stand till 'tis Blood-warm, and put it to the Raspberries and stir them well together; and let it stand 12 Hours, then strain it off, and to every Gallon of Liquor put 3 pound of Loaf-Sugar and set it over a clear Fire, and let it boil till all the scum is taken off, and when 'tis cold put it into Bottles, and open the Corks every Day for a Fortnight, and then stop them close.

To make Lemon-Wine.

TAKE six large Lemons, pare off the Rinds and cut the Lemons and squeeze out the Juice, and in the Juice steep the Rinds, and put it to a Quart of Brandy, and let it stand in an earthen Pot close stopt three Days, and then squeeze six more, and mix with two Quarts of Spring-Water, and as much Sugar as will sweeten the whole, and boil the Water and Lemons and Sugar together, and let it stand till 'tis cool; then add a Quart of White Wine and the other Lemon and Brandy, and mix them together, and run it thro' a flannel Bag into some Vessel. Let it stand three Months and bottle it off. Cork your Bottles very well and keep it cool, it will be fit to drink in a Month or six Weeks.

To make Elder-Wine.

TAKE twenty five pound of *Malaga* Raisins, rub them and shred them small, then take five Gallons of fair Water, boil it an Hour, and let it stand till it is but Blood-warm, then put it in an earthen Crock or Tub with your Raisins; let them steep ten Days, stirring them once or twice

twice a Day, then paſs the Liquor thro' a hair Sieve, and have in readineſs five Pints of the Juice of Elderberries drawn off as you do for Jelly of Currants; then mix it cold with the Liquor and ſtir it well together, and put it in a Veſſel, and let it ſtand in a warm place, and when it has done working ſtop it cloſe. Bottle it about *Candlemaſs*.

To make Barley-Water.

TAKE of Pearl-Barley four ounces, put it in a large Pipkin and cover it with Water; when the Barley is thick and tender, put in more Water and boil it up again, and ſo do till 'tis of a good thickneſs to drink; then put in a blade or two of Mace, or a ſtick of Cinnamon. Let it have a walm or two and ſtrain it out, and ſqueeze in the Juice of two or three Lemons, and a bit of the Peel, and ſweeten it to your Taſte with fine Sugar; let it ſtand till 'tis cold, and then run it thro' a Bag and bottle it out, it will keep good three or four Days.

To make Barley-wine.

TAKE half a pound of *French* Barley, and boil it in three Waters, and ſave three Pints of the laſt Water, and mix with it a Quart of White Wine, half a Pint of Borage Water, as much Clary-water, and a little red Roſe-water, the Juice of five or ſix Lemons, three quarters of a Pound of fine Sugar, the thin yellow Rind of a Lemon; brew all theſe quick together, run it thro' a ſtrainer, and bottle it up; 'tis pleaſant in hot Weather, and very good in Fevers.

To make Plum-wine.

TAKE twenty pound of *Malaga* Raiſins, pick, rub, and ſhred them, and put them into a Tub; then take four Gallons of fair Water and boil it

it an Hour, and let it ſtand till 'tis Blood-warm; then put it to your Raiſins; let it ſtand nine or ten Days, ſtirring it once or twice a Day, ſtrain out your Liquor, and mix with it two Quarts of Damſon Juice, put it in a Veſſel, and when it has has done working, ſtop it cloſe; at 4 or 5 Months bottle it.

To make Ebulum.

To a Hogſhead of ſtrong Ale, take a heap'd Buſhel of Elder-Berries, and half a Pound of Juniper-berries beaten; put in all the Berries when you put in the Hops, and let them boil together till the Berries break in pieces; then work it up as you do Ale; when it has done working, add to it half a pound of Ginger, half an ounce of Cloves, as much Mace, an ounce of Nutmeg, and as much Cinnamon groſly beaten, half a pound of Citron, as much Eringo-Root, and likewiſe of candy'd Orange-Peel: Let the Sweetmeats be cut in pieces very thin, and put with the Spice into a Bag, and hang it in the Veſſel when you ſtop it up. So let it ſtand till 'tis fine, then bottle it up and drink it with Lumps of double-refin'd Sugar in the Glaſs.

To make Cock Ale.

Take ten Gallons of Ale, and a large Cock, the older the better, parboil the Cock, flea him, and ſtamp him in a Stone Mortar till his Bones are broken, (you muſt craw and gut him when you flea him) then put the Cock into two quarts of Sack, and put to it three pound of Raiſins of the Sun ſtoned, ſome blades of Mace, and a few Cloves; put all theſe into a Canvas-bag, and a little before you find the Ale has done working, put the Ale and Bag together into a Veſſel; in a Week or nine Days time bottle it up, fill the Bottles but juſt above the Neck, and give it the ſame time to ripen as other Ale.

To make Elder-Wine at Christmas.

TAKE twenty pounds of *Malaga* or *Lipara* Raisins, rub them clean, and shred them small; then take five Gallons of Water, boil it an hour, and when 'tis near cold put it in a Tub with the Raisins; let them steep ten days, and stir them once or twice a day; then strain it thro' a hair Sieve, and by Infusion draw three pints of Elder-Juice, and one pint of Damson-Juice, make the Juice into a thin Syrup, a pound of Sugar to a pint of Juice, and not boil it much, but just enough to keep: when you have strained out the Raisin-Liquor, put that and the Syrup into a Vessel fit for it, and two pound of Sugar; stop the Bung with a Cork till it gathers to a Head, then open it, and let it stand till it has done working; then put the Cork in again and stop it very close, and let it stand in a warm place two or three Months, and then bottle it; make the Elder and Damson-Juice into Syrup in its Season, and keep it in a cool Cellar till you have Convenience to make the Wine.

To make Mead.

TO 13 Gallons of Water put 32 pound of Honey; boil and scum it well, then take Rosemary, Thyme, Bay-Leaves, and sweet Briar, one handful all together, boil it an hour, then put it into a Tub with two or three good handfuls of down-ground Malt; stir it till 'tis but blood warm; then strain it thro' a Cloth, and put it into a Tub again; then cut a Toast round a quartern Loaf, and spread it over with good Ale-yeast, and put it into your Tub, and when the Liquor is quite over with the Yeast, put it up in your Vessel; then take Cloves, Mace, Nutmegs an ounce and half, Ginger an ounce sliced,

ſliced, bruiſe the Spice and tye all up in a Rag, and hang it in the Veſſel; ſtop it up cloſe for uſe.

Sage Wine another way.

TAKE thirty pound of *Malaga* Raiſins pick'd clean, and ſhred ſmall, and one Buſhel of green Sage ſhred ſmall; then boil five Gallons of Water, let the Water ſtand till 'tis luke-warm; then put it in a Tub to your Sage and Raiſins; let it ſtand five or ſix days, ſtirring it twice or thrice a day; then ſtrain and preſs the Liquor from the Ingredients, put it in a Cask, and let it ſtand ſix Months; then draw it clean off into another Veſſel; bottle it in two Days, in a Month or ſix Weeks it will be fit to drink, but beſt when 'tis a Year old.

To make Palermo *Wine.*

TAKE to every quart of Water a pound of *Malaga* Raiſins, rub and cut the Raiſins ſmall, and put them to the Water, and let them ſtand ten days, ſtirring it once or twice a day; you muſt boil the Water an hour before you put it to the Raiſins, and let it ſtand to cool; at ten days end ſtrain out your Liquor, and put a little Yeaſt to it, and at three days put it in the Veſſel with one ſprig of dry'd Wormwood; let it be cloſe ſtopp'd, and at three Months end bottle it off.

To make Clary Wine.

TAKE twenty-four pound of *Malaga* Raiſins, pick them and chop them very ſmall; put them in a Tub, and to each pound a quart of Water; let them ſteep ten or eleven days, ſtirring it twice every day; you muſt keep it covered cloſe all the while; then ſtrain it off, and put it into a

Veſſel, with about half a peck of the tops of Clary when 'tis in Bloſſom; ſtop it cloſe for ſix Weeks, and then bottle it off; in two or three Months 'tis fit to drink. 'Tis apt to have a great Settlement at the bottom, therefore 'tis beſt to draw it off by Plugs, or tap it pretty high.

To clear Wine.

TAKE half a pound of Hartſhorn, and diſſolve it in Cyder, if it be for Cyder, or Rheniſh-wine for any Liquors; this is enough for a Hogs-head.

To make Orange-Wine with Raiſins.

TAKE thirty pound of new *Malaga* Raiſins, pick them clean, and chop them ſmall; you muſt have twenty large Sevil Oranges, ten of them you muſt pare as thin as for preſerving. Boil about eight Gallons of ſoft Water till a third Part be conſumed; let it cool a little, then put five Gallons of it hot upon your Raiſins and Orange-Peel; ſtir it well together, cover it up, and when 'tis cold let it ſtand five days, ſtirring it up once or twice a day; then paſs it thro' a hair Sieve, and with a Spoon preſs it as dry as you can, and put it up in a Runlet fit for it, and put to it the Rinds of the other ten Oranges cut as thin as the firſt; then make a Syrup of the Juice of the twenty Oranges, with a pound of white Sugar. It muſt be made the day before you tun it up; ſtir it well together, and ſtop it cloſe; let it ſtand two Months to clear, then bottle it up; it will keep three Years, and is better for keeping.

To make Cherry Wine.

PULL off the Stalks of the Cherries, and maſh them without breaking the Stones; then preſs them hard thro' a hair Bag, and to every Gallon

of Liquor put two pound of eight-penny Sugar: The Veſſel muſt be full, and let it work as long as it makes a Noiſe in the Veſſel; then ſtop it up cloſe for a Month or more, and when 'tis fine draw it into dry Bottles, and put a Lump of Sugar into every Bottle. If it makes them fly, open them all for a Moment and ſtop them up again; it will be fit to drink in a quarter of a Year.

To make Gooſeberry Wine.

Boil eight Gallons of Water and one pound of Sugar an hour, ſcum it well and let it ſtand till 'tis cold; then to every quart of that Water allow three pound of Gooſeberries, firſt beaten or bruiſed very well, let it ſtand twenty-four hours; then ſtrain it out, and to every Gallon of this Liquor put three pound of ſeven-penny Sugar; let it ſtand in the Fat twelve hours; then take the thick Scum off, and put the clear into a Veſſel fit for it, and let it ſtand a Month; then draw it off, and rinſe the Veſſel with ſome of the Liquor, and put it in again and let it ſtand four Months, and bottle it.

To make Frontiniac *Wine.*

Take ſix Gallons of Water and twelve pounds of white Sugar, and ſix pounds of Raiſins of the Sun cut ſmall; boil theſe together an hour; then take of the Flowers of Elder, when they are falling and will ſhake off, the quantity of half a peck; put them in the Liquor when 'tis almoſt cold, the next day put in ſix ſpoonfuls of Syrup of Lemons, and four ſpoonfuls of Ale-yeaſt, and two days after put it in a Veſſel that is fit for it, and when it has ſtood two Months bottle it off.

To make Cyder.

PULL your Fruit before 'tis too ripe, and let it lie but one or two days to have one good Sweat; your Apples muſt be Pippins, Pearmains, or Harveys, (if you mix Winter and Summer Fruit together 'tis never good) grind your Apples and preſs it, and when your Fruit is all preſs'd, put it immediately into a Hogſhead where it may have ſome room to work; but no vent, but a little hole near the Hoops, but cloſe bung'd; put three or four pound of Raiſins into a Hogſhead and two pound of Sugar, it will make it work better; often racking it off is the beſt way to fine it, and always rack it into ſmall Veſſels, keeping them cloſe bung'd, and only a ſmall Vent-hole; if it ſhould work after racking put into your Veſſel ſome Raiſins for it to feed on, and bottle it in *March.*

To make the fine Clary Wine.

TO 10 Gallons of Water put 25 pound of Sugar, and the whites of 12 Eggs well beaten; ſet it over the Fire and let it boil gently near an hour, ſcum it clean and put it in a Tub, and when 'tis near cold, then put into the Veſſel you keep it in about half a Strike of Clary in the Bloſſom, ſtript from the Stalks, Flowers, and little Leaves together, and a pint of new Ale-yeaſt; then put in the Liquor and ſtir it two or three times a day for three days; when it has done working ſtop it up, and bottle it at three or four Months old if 'tis clear.

To make Currant Wine.

GATHER your Currants full ripe, ſtrip 'em and bruiſe 'em in a Mortar, and to every Gallon of the Pulp put two quarts of Water, firſt boil'd and

and cold; you may put in ſome Raſps if you pleaſe; let it ſtand in a Tub 24 hours to ferment; then let it run thro' a hair Sieve. Let no Hand touch it, let it take its time to run, and to every Gallon of this Liquor put two pound and a half of white Sugar, ſtir it well and put it in your Veſſel, and to every ſix Gallons put in a quart of the beſt rectify'd Spirit of Wine, let it ſtand ſix Weeks and bottle it; if 'tis not very fine empty it into other Bottles, or at firſt draw it into large Bottles, and then after it has ſtood a Fortnight, rack it off into ſmaller.

To make Elder-Flower Wine.

TAKE two large handfuls of dry'd Elder-Flowers, and ten Gallons of Spring-water, boil the Water and pour it ſcalding hot upon the Flowers; the next day put to every Gallon of Water five pound of *Malaga* Raiſins, the Stalks being firſt pick'd off, but not waſh'd; chop them groſly with a Chopping-Knife; then put them into your boil'd Water, and ſtir the Water, Raiſins, and Flowers well together, and ſo do twice a day for twelve days; then preſs out the Juice clear as long as you can get any Liquor out; then put it in your Barrel fit for it, and ſtop it up two or three days till it works, and in a few days ſtop it up cloſe, and let it ſtand two or three Months till 'tis clear, then bottle it.

To make Elder-Wine.

TAKE Spring-water and let it boil half an hour; then meaſure five Gallons and let it ſtand to cool; then have in readineſs 20 pound of Raiſins of the Sun well pick'd and rubb'd in a Cloth, and hack them ſo as to cut them, but not too ſmall; then put them in, the Water being cold, and let them ſtand nine days, ſtirring them two or three

times a day; then have ready ſix pints of Juice of Elder-Berries full ripe, which muſt be infuſed in boiling Water, or baked three hours; then ſtrain out the Raiſins, and when the Elder Liquor is cold mix that with it; but 'tis beſt to boil up the Juice to a Syrup, a pound of Sugar to every pint of Juice, boil and ſcum it, and when cold mix it with your Raiſin Liquor, and three or four ſpoonfuls of good Ale-yeaſt; ſtir it well together, then tun it up in a Veſſel fit for it; let it ſtand in a warm Place to work, and in your Cellar five or ſix Months.

To make Gooſeberry Wine.

TAKE 24 quarts of Gooſeberries full ripe, and 12 quarts of Water after it has been boiled two hours; pick and bruiſe your Gooſeberries one by one in a Platter with a Rolling-pin as little as you can, ſo they be all bruiſed; then put the Water when 'tis cold on your maſh'd Gooſeberries, and let them ſtand together 12 hours, and when you drain it off be ſure to take none but the clear; then meaſure the Liquor, and to every quart of that Liquor put three quarters of a pound of fine Sugar, the one half Loaf-Sugar; let it ſtand to diſſolve ſix or eight hours, ſtirring it two or three times; then put it in your Veſſels with two or three ſpoonfuls of the beſt new Yeaſt, ſtop it eaſy at firſt that it may work if it will; and when you ſee it has done working, or will not work, ſtop it cloſe, and bottle it in froſty Weather.

Mountain Wine.

PICK out the big Stalks of your *Malaga* Raiſins, then chop them very ſmall, five pound to every Gallon of cold Spring-water; let them ſteep a Fortnight or more, ſqueeze out the Liquor and barrel it in a Veſſel fit for it; firſt fume the Veſſel with Brimſtone, don't ſtop it up till the Hiſſing is over.

Lemon-

Lemon-wine, or what may paſs for Citron-water.

TAKE 2 quarts of Brandy and one quart of Spring-water, half a pound of double-refin'd Sugar, and the Rinds of 16 Lemons; put them together in an Earthen Pot, and pour into it 12 ſpoonfuls of Milk boiling hot, ſtir it together and let it ſtand 3 days; then take off the top and paſs the other 2 or 3 times thro' a Jelly-bag, bottle it. 'Tis fit to drink, or will keep a Year or two.

To make ſtrong Beer.

TO a Barrel of Beer take 9 Buſhels of Malt and half a Buſhel of Wheat juſt crackt in the Mill, and ſome of the Flower ſifted out of it; when your Water is ſcalding hot, put it in your Maſhing-fat, there let it ſtand till you can ſee your Face in it; then put your Malt upon it, then put your Wheat upon that, and do not ſtir it; let it ſtand 2 hours and half, then let it run into a Tub that has 2 pound of Hops in it, and a handful of Roſemary-flowers, and when 'tis all run put it in your Copper and boil it 2 hours; then ſtrain it off, ſetting it a cooling very thin, and ſet it a working very cool; clear it very well before you put it a working; put a little Yeaſt to it: when the Yeaſt begins to fall, put it into your Veſſel, and when it has done working in the Veſſel put in a pint of whole Wheat, and ſix Eggs; then ſtop it up, let it ſtand a Year, and then bottle it. Then maſh again, ſtir the Malt very well in, and let it ſtand two hours, and let that run, and maſh again and ſtir it as before; be ſure you cover your Maſhing-fat well up, mix the firſt and ſecond Running together, it will make good Houſhold-beer.

To

To make Elder-Ale.

TAKE ten Buſhels of Malt to a Hogſhead, then put two Buſhels of Elder-berries pickt from the Stalks into a Pot or Earthen Pan, and ſet it in a Pot of boiling Water till the Berries ſwell, then ſtrain it out and put the Juice into the Guile-fat, and beat it often in, and ſo order it as the common way of Brewing.

All ſorts of Cordial-Waters.

The great Palſey-water.

TAKE of Sage, Roſemary, and Betony-flowers, of each half a handful, Borage and Buglos-flowers of each a handful, of Lilly of the Valley and Cowſlip-flowers of each 4 or 5 handfuls; ſteep theſe in the beſt Spirit of Sack, every thing in their Seaſon till all is in; then put to them Balm, Spike-flowers, Mother-wort, Bay-Leaves, Leaves of Orange-Tree, with the Flowers, of each one Ounce; then put in Citron-peel, Piony-ſeeds, and Cinnamon, of each half an Ounce, Nutmegs, Cardamus, Mace, Cubebs, yellow Sanders, of each half an Ounce, Lignum Aloes one Dram, make all theſe into Powder; then add Jujubes, the Stones taken out and cut in pieces, half a pound; then add Pearl prepar'd, Smaragdes, Muſk and Saffron, of each ten Grains; Ambergreaſe one Scruple, red Roſes dry'd one Ounce; as many Lavender-flowers ſtript from their Stalks as will fill a Gallon glaſs; ſteep all theſe a Month and diſtil them in a Limbeck very carefully; after 'tis ſtill'd hang a Bag in it

it with theſe Ingredients in it, Pearl prepar'd, Smaragdes, Musk and Saffron, of each ten Grains, Ambergreaſe one Scruple, red Roſes dry'd, red and yellow Sanders, of each an Ounce; hang them in a white Sarſenet-bag in the Water, ſtop it cloſe. The Virtues of this Water: 'Tis of excellent uſe in all Swoonings, in Weakneſs of Heart and Decay of Spirits; it reſtores Speech in Apoplexies and Palſies, it helps all Pains in the Joints, coming of Cold or Bruiſes, bathing the Place outwardly, and dipping Cloths and laying on it; it ſtrengthens and comforts all vital and animal Spirits, and cleareth the external Senſes, ſtrengthning the Memory, reſtoreth loſt Appetite, helpeth all Weakneſs of the Stomach. Both taken inwardly and bathed outwardly, it taketh away Giddineſs of the Head, and helpeth Hearing, it makes a pleaſant Breath, it helpeth all cold Diſpoſitions of the Liver, and beginning of Dropſies; none can ſufficiently expreſs the Virtues of this Water: When 'tis taken inwardly, drop 10 or 12 Drops on a lump of Sugar, or a bit of Bread, or in a diſh of Tea: But in a Fit of the Palſy give ſo much every hour, to reſtore Speech; add to the reſt of the Flowers ſingle Wall-flowers, and the Roots and Flowers of ſingle Pionies and Miſletoe of the Oak, of each a good handful.

The Lady Hewet's *Water.*

TAKE red Sage, Betony, Spearmint, Unſet Hyſop, Setwell, Thyme, Balm, Penny-Royal, Celandine, Water-creſſes, Hearts-eaſe, Lavender, Angelica, Germander, Calemint, Tamerisk, Coltsfoot, Avens, Valerian, Saxafrage, Pimpernel, Vervin, Parſley, Roſemary, Savory, Scabious, Agrimony, Mother-Thyme, wild Marjoram, Roman-wormwood, Carduus Benedictus, Pellitory of the Wall, Field Daiſies, Flowers and Leaves, of each of

of theſe Herbs take a Handful after they are pickt and waſht; of Rue, Yarrow, Comfry, Plantain, Camomil, Maiden-hair, Sweet-marjoram, Dragons, of each of theſe a handful before they are waſh'd or pickt; red Roſe-Leaves and Cowſlip-flowers, of each half a Peck, Roſemary-flowers a quarter of a Peck, Hartſhorn 2 Ounces, Juniper-berries one Dram, China-Roots one Ounce, Comfrey-Roots ſliced, Aniſeeds, Fennel-ſeeds, Carraway-ſeeds, Nutmegs, Ginger, Cinnamon, Pepper, Spikenard, Parſley-ſeed, Cloves and Mace, Aromaticum roſarum, 3 Drams, Saxafrage ſliced half an Ounce, Elecampane-roots, Melilot-flowers, Calamus Aromaticus, Cardamums, Lignum Aloes, Rhubarb ſliced thin, Galengal, Veronica, Lodericum, Cubebs Grains, of each of theſe 2 Drams; the Cordials, Bezoar 30 Grains, Musk 24 Grains, Ambergreaſe 20 Grains, Flour of Coral 2 Drams, Flour of Amber 1 Dram, Flour of Pearl 2 Drams, Gold 4 Leaves, Saffron in a little Bag, 2 Drams, white Sugarcandy 1 pound: waſh the Herbs and ſwing them in a Cloth till they are dry, then cut them and put them into an Earthen Pot, and in the midſt of the Herbs put the Seeds, Spices and Drugs, being bruiſed; then put thereto ſuch a quantity of Sherry-Sack as will cover them; ſo let them ſteep 24 hours, then diſtil it in an Alembick, and make 2 Diſtillings of it; from each of which draw 3 Pints of Water, mix it all together and put it into Quart Bottles, and divide the Cordials into 3 parts, and put into each Bottle of Water a like quantity; ſhake it often together at the firſt, the longer you keep it the better it will be. There never was a better Cordial in Caſes of the greateſt Illneſs; 2 or 3 ſpoonfuls almoſt revive from Death.

The Lady Allen's *Water.*

TAKE of Balm, Rosemary, Sage, Carduus, Wormwood, Dragons, Scordium, Mugwort, Scabious, Tormentil-roots and Leaves, and Angelica-roots and Leaves, Marigold-flowers and Leaves, Betony-flowers and Leaves, Centaury-tops, Pimpernel, Wood-sorrel or other Sorrel, Rue, Agrimony, Rosa-solis, of every one of these half a pound; Liquorish 4 Ounces, Elecampane-roots 2 Ounces: wash the Herbs, shake and dry them in a Cloth, then shred them and slice the Roots, and put all into 3 Gallons of the best White Wine, and let them stand close cover'd 2 Days and 2 Nights, stirring them Morning and Evening; then take out some of the Herbs, lightly squeezing them with your hands, and fill a Still full, let them still 12 hours in a cold Still with a reasonable quick Fire: then put the rest of the Herbs and the Wine in an Alembick, and distil them till all the Strength is out of the Herbs and Wine; mix all the Water in both Stills together, sweeten some, but not all, for in Cases of great Illness warm some of that unsweeten'd blood-warm, and put in it a little Syrup of Gilliflowers, and go to bed, covering warm. This is a very excellent Water.

Plague-Water.

TAKE Rosa-Solis, Agrimony, Betony, Scabious, Centaury-tops, Scordium, Balm, Rue, Wormwood, Mugwort, Celandine, Rosemary, Marigold-leaves, brown Sage, Burnet, Carduus and Dragons, of each a large Handful; and Angelica-roots, Peony-roots, Tormentil-roots, Elecampane-roots and Liquorish of each one Ounce; cut the Herbs and slice the Roots, and

and put them all into an Earthen Pot, and put to them a Gallon of White Wine and a Quart of Brandy, and let them ſteep 2 days cloſe cover'd; then diſtil it in an ordinary Still with a gentle Fire: you may ſweeten it, but not much.

Dr. Stevens's-*Water.*

TAKE a Gallon of the beſt *Gaſcoigne* Wine or Sack, then take of Ginger, Galengal, Cinnamon, Nutmegs, Cloves, Mace, Aniſeeds, Carraway-ſeeds, Coriander-ſeeds, of every of theſe one Dram; then take Sage, Mint, red Roſe-leaves, Thyme, Pellitory of the Wall, Pot marjoram, Roſemary, Penny-royal, wild Thyme, common Lavender, of each of theſe one handful; bruiſe the Spice and Seeds, and ſtamp the Herbs and put them all into the Wine, and let it ſtand cloſe cover'd twelve hours, ſtirring it often; then Still it in an Alembick, and mix it as you pleaſe.

To make Aqua-Mirabilis.

TAKE Cubebs, Cardamus, Galengal, Cloves, Mace, Nutmegs, Cinamon, of each two Drams bruiſed ſmall; then take of the Juice of Celandine one Pint, the Juice of Spearmint half a Pint, the Juice of Balm half a Pint, Melilot-flowers, Cowſlip-flowers, Roſemary-flowers, Borage and Buglos-flowers, and Marygold-flowers, of each three Drams; Fennel-ſeed, Coriander-ſeed, and Caraway-ſeed, of each two drams, two quarts of the beſt Sack, one quart of White Wine, one Pint of Brandy, one Pint of the ſtrongeſt Angelica-water, and one Pint of red Roſe-water; bruiſe the Spices and Seeds, and ſteep them with the Herbs, Flowers, Juices, Waters, Sack, White Wine and Brandy all Night; in the Morning

Morning diſtil it in a common Still, paſted up; from this quantity draw off a Gallon at leaſt, ſweeten it to the Taſte with Sugar-candy, bottle it up and keep it in Sand, or very cool.

A Tincture of Ambergreaſe.

TAKE Ambergreaſe and Musk of each one Ounce, and put to them a quarter of a Pint of Spirit of Wine, ſtop it cloſe, tie it down with Leather and ſet it in Horſe-dung ten or twelve days.

To make Orange or Lemon-Water.

TO one hundred Oranges or Lemons, you muſt have 3 Gallons of Brandy and 2 Quarts of Sack. Pare off the outer Rinds very thin, and ſteep them in the Brandy one Night; the next day diſtil them in a cold Still, a Gallon with the proportion of Peels is enough for one Still, and of that you may draw off between 3 and 4 Quarts; draw it off till you taſte it begin to be ſowriſh; ſweeten it to your taſte with double-refin'd Sugar, mix firſt, ſecond, and third Running together; if 'tis Lemon-water it ſhould be perfum'd: put 2 Grains of Ambergreaſe and one of Musk ground fine, tie it in a Rag and let it hang 5 or 6 days in a Bottle, and then put it in another, and ſo for a great many if you pleaſe, or elſe you may put 3 or 4 Drops of Tincture of Ambergreaſe in it; cork it very well; the Orange is an excellent Water for the Stomach, and the Lemon is a fine entertaining Water.

King Charles II's *Surfeit-water.*

TAKE a Gallon of the beſt Aqua-vitæ, and a Quart of Brandy, and a Quart of Aniſeed-water, a Pint of Poppy-water, and a Pint of Damask

Damask Roſe-water; put theſe in a large Glaſs Jar, and put to it a pound of fine powder'd Sugar, a pound and half of Raiſins ſtoned, a quarter of a pound of Dates ſtoned and ſliced, one Ounce of Cinnamon bruiſed; Cloves one Ounce, four Nutmegs bruiſed, one Stick of Liquoriſh ſcrap'd and ſlic'd: let all theſe ſtand nine days cloſe cover'd, ſtirring it 3 or 4 times a day; then add to it three pound of freſh Poppies, or 3 handfuls of dry'd Poppies, a Sprig of Angelica, 2 or 3 of Balm; ſo let it ſtand a Week longer, then ſtrain it out and bottle it.

The Walnut-Water.

TAKE a Peck of Walnuts in *July* and beat them pretty ſmall, then put to them 2 quarts of Clove Gilliflowers, 2 Quarts of Poppy-flowers, 2 Quarts of Cowſlip-flowers dry'd, 2 Quarts of Marigold-flowers, 2 Quarts of Sage-flowers, 2 Quarts of Borage-flowers; then put to them 2 Ounces of Mace beaten, 2 Ounces of Nutmegs bruiſed: and 1 Onnce of Cinnamon bruiſed: ſteep all theſe in a Pot with a Gallon of Brandy, and two Gallons of the ſtrongeſt Beer; let it ſtand 24 hours, and ſtill it off.

To make Orange-flower Brandy.

TAKE a Gallon of *French* Brandy, and put it in a Bottle that will hold it, then boil a pound of Orange-flowers a little while, and put them to the Brandy, ſave the Water, and with that make a Syrup to ſweeten it.

A Cordial-water that may be made in Winter.

TAKE 3 Quarts of Brandy, or Sack, put 2 Handfuls of Roſemary and 2 Handfuls of Balm to it chopt pretty ſmall, one Ounce of Cloves, 2 Ounces

Ounces of Nutmegs, 3 Ounces of Cinnamon; beat all the Spices groſly, and ſteep them with the Herbs in the Wine, then put it in a Still paſted up cloſe; ſave near a quart of the firſt Running, and ſo of the ſecond, and of the third; when 'tis diſtill'd mix it all together, and diſſolve about a pound of double-refin'd Sugar in it, and when 'tis ſettled bottle it up.

The Golden Cordial.

TAKE 2 Gallons of Brandy, 2 Drams and a half of double-perfum'd Alkermes, a quarter of a Dram of Oil of Cloves, 1 Ounce of Spirit of Saffron, 3 pound of double-refin'd Sugar powder'd, a Book of Leaf Gold. Firſt put your Brandy into a large new Bottle, then put three or four ſpoonfuls of Brandy in a China Cup, mix your Alkermes in it, then put in your Oil of Cloves and mix that, and do the like to the Spirit of Saffron, then pour all into your Bottle of Brandy, then put in your Sugar and cork your Bottle, and tie it down cloſe; ſhake it well together, and ſo do every day for two or three days, and let it ſtand about a Fortnight; you muſt ſet the Bottle ſo that when 'tis rack'd off into other Bottles it muſt only be gently tilted; put into every Bottle two Leaves of Gold cut ſmall: you may put one or two Quarts to the Dregs, and it will be good, tho' not ſo good as the firſt.

The Fever Water.

TAKE of *Virginia* Snake-roots ſix Ounces, Carduus-ſeeds four Ounces, and Marigold-flouers four Ounces, twenty Green Walnuts, Carduus Water ſtill'd two Quarts, as much hot Poppy-water, two Ounces of Hartſhorn; ſlice the Walnuts and ſteep all in the Waters a Fortnight; then add

add to it an Ounce of *London* Treacle, and diſtill it all in an Alembick paſted up: three Drops of Spirit of Amber in three ſpoonfuls of this Water will deliver a Woman of a dead Child.

To make the beſt Liquid Laudanum.

TAKE a Quart of Sack and half a Pint of Spirit of Wine, and four Ounces of Opium, two Ounces of Saffron; ſlice the Opium and pull the Saffron, and put it in a Bottle with the Sack and Spirit of Wine, and one Ounce of Salt of Tartar, and of Cinnamon, Cloves and Mace, of each a Dram: cork and tie down the Bottle, and ſet it in the Sun or by the Fire twenty days, pour it off the Dregs, and 'tis fit to uſe, ten, fifteen, twenty, or twenty five Drops.

A fine Cordial Water.

BEAT two Pound of double-refin'd Sugar very well, and put to it a Gallon of the beſt Brandy, ſtirring it a good while all one way; then put Confection of Alkermes one Dram, Oil of Cloves one Dram, Spirit of Saffron one Ounce, then ſtir it one way for a quarter of an Hour, then add three Sheets of Leaf-gold and bottle it up, it will keep as long as you pleaſe.

To make Spirit of Carraways.

TAKE of Carraway Comfits two pound, put them into a glaſs Bottle with a wide Mouth, put upon the Carraways Spirit of Wine as much as will cover them, one Dram of Ambergreaſe rubb'd to Powder, with as much fine Sugar, and ty'd up in a Rag and hang it in the Bottle, and let this ſtand three Months cloſe ſtopt, then pour off the Spirit

Spirit clear from the Seeds; take a little of this dropt in Beer or Ale for the Wind or Pain in the Bowels.

To cure Spleen or Vapours.

TAKE an Ounce of the filings of Steel, two Drams of Gentian ſliced, half an Ounce of Carduus-ſeeds bruiſed, half a handful of Centaury Tops; infuſe all theſe in a Quart of White-wine 4 Days, and drink four Spoonfuls of the clear every Morning, faſting two Hours after it, and walking about; if it binds too much, take once or twice a Week ſome little purging thing to carry it off.

Hyſterical-Water.

TAKE Zedoary, Roots of Lovage, Seeds of wild Parſnips, of each 2 Ounces, Roots of ſingle Piony 4 Ounces, of Miſleto of the Oak 3 Ounces, Myrrh a quarter of an Ounce, Caſtor half an Ounce. Beat all theſe together, and add to them a quarter of a Pound of dry'd Millipedes, pour on theſe 3 Quarts of Mugwort-water, and 2 Quarts of Brandy. Let them ſtand in a cloſe Veſſel 8 Days, then diſtil it in a cold Still paſted up; you may draw off 9 Pints of Water, ſweeten it to your Taſte and mix all together: this is an excellent Water to prevent Fits, or to be taken in Faintings.

A Stone-Water.

TAKE Beans in Pod, and cut them in ſmall pieces, fill good part of an ordinary Still with them, and put to them two good handfuls of Yarrow, and diſtil them together in a cold Still; let the Party drink a ſmall Glaſs when in Pain, and at the Changes of the Moon.

To make Poppy Brandy.

TAKE ſix Quarts of the beſt and freſheſt Poppies, and cut off the black ends of them, and put them in a glaſs Jar that will hold two Gallons, and preſs them in it; then pour over it a Gallon of Brandy, ſtop the glaſs very well, and ſet it in the Sun for a Week or more; then ſqueeze out the Poppies with your Hand and ſweeten it to your Taſte with double-refin'd Sugar, and put to it an Ounce and half of Alkermes perfumed, mix it well together and bottle it up; this is in imitation of red Roſa-Solis.

To make Cherry Brandy.

TO every four Quarts of Brandy, put 4 Pound of red Cherries, two pound of Black, and one quart of Raſpberries, a few Cloves, a ſtick of Cinnamon, and a bit of Orange-peel; let theſe ſtand a Month cloſe ſtopp'd, then bottle it off, put a lump of Sugar into every bottle.

To make Citron-water.

TO a Gallon of Brandy take ten Citrons, pare the outſide Rinds of the Citrons, dry the Rinds very well, then beat the remaining part of the Citrons all to maſh in a Mortar; then put it into the Brandy, ſtop it cloſe, and let it ſtand nine Days; then diſtil it, then take the Rinds that are dry and beat them to Powder, and infuſe them nine Days in the Spirit, and diſtil it over again; ſweeten it to your Taſte with double-refin'd Sugar, let it ſtand in a large Jug for three Weeks; then rack it off into Bottles. This is the true *Barbadoes* Receipt for Citron-Water.

Stitch

Stitch-water.

TAKE a Gallon of new Ale-wort, and put to it as much Stone-Horſe dung from the Horſe as will make it pretty thick, add to this a Pound of *London*-Treacle, two pennyworth of Ginger ſliced, and ſix pennyworth of Saffron; mix theſe together, and diſtil it off in a cold Stil. Take three or four ſpoonfuls at a time.

To make Carraway Brandy.

STEEP one Ounce of Carraway Seeds, and ſix Ounces of Sugar in a Quart of Brandy, let it ſteep nine Days, and clear it off, 'tis a good Cordial.

The Saffron Cordial.

FILL a large Still with Marigold-Flowers, and ſtrew on it an Ounce of Caſe Nutmegs, that is, the Nutmegs that have the Mace on them; beat them groſly, and take an Ounce of the beſt *Engliſh* Saffron, pull it and mix it with the Flowers; then take three Pints of Muſcadine or Tent, or *Malaga* Sack, and with a ſprig of Roſemary daſh it on the Flowers; then diſtil it off with a ſlow Fire, and let it drop on white Sugar-candy; draw it off till it begins to grow ſour, ſave a Pint of the firſt running to mix with other Waters on an extraordinary occaſion; mix the reſt together to drink by it ſelf. This Cordial is excellent in Faintings, and for the Small-pox or Ague; take five or ſix ſpoonfuls at a time.

The fine Clary-water.

TAKE a quart of Borage-water, and put it in an earthen Jug, and fill it with two or three quarts of Clary-flowers freſh gathered: Let it infuſe an Hour over the Fire in a kettle of Water; then take out the Flowers, and put in as many freſh Flowers; and ſo do for ſix or ſeven times together: Then add to that Water two quarts of the beſt Sack, and a gallon of freſh Flowers, and two pound of white Sugar-candy beaten ſmall; and diſtil all off in a cold Still: Mix all the Water together when 'tis ſtill'd, and ſweeten it to your Taſte with the fineſt Sugar. This is a very wholſome Water, and the fine entertaining Water. Cork the Bottles well, and keep it cool.

To make Spirit of Saffron.

TAKE four drams of the beſt Saffron; open it, and pull it aſunder, and put it in a quart Bottle, and pour on it a pint of the ordinary Spirit of Wine, that of twelve-pence a quart, and add to it half a pound of white Sugar-candy beaten ſmall; ſtop it cloſe with a Cork, and a Bladder tied over it; ſet it in the Sun, and ſhake it twice a day, till the Candy is diſſolved, and the Spirit is of a deep Orange-colour; let it ſtand two days longer to ſettle, and clear it off into another Bottle, and keep it for uſe. A ſmall Spoonful for a Child; a large one for a Man or Woman. 'Tis excellent in any peſtilential Diſeaſe: 'Tis good againſt Colds, or the conſumptive Cough.

Black

Black Cherry-water for Children.

TAKE ſix pound of black Cherries, and bruiſe them ſmall; then put to them the tops of Roſemary, Sweet-marjoram, Spearmint, Angelica, Balm, Marigold-flowers, of each a handful; dry'd Violets, one ounce; Aniſeeds and ſweet Fennel-ſeeds, of each half an ounce bruiſed. Cut the Herbs ſmall, and mix all together, and diſtil them off in a cold Still. This Water is excellent for Children, giving them two or three Spoonfuls at a time.

To make Gripe-water.

TAKE two dozen bunches of Penny-royal, ſhred groſly; then take Coriandar-ſeeds, Aniſeeds, ſweet Fennel-ſeeds, Carraway-ſeeds; bruiſe them all, and put them to the Herbs in an earthen Pot; mix them together, and ſprinkle on them a quart of Brandy; let them ſtand all night; the next day diſtil it off, and take ſix, ſeven, or eight Spoonfuls of this Water, ſweeten'd with Syrup of Gilliflowers. Drink it warm, and go to bed; cover very warm, to ſweat if you can; and drink ſome of it as long as the Gripes continue.

To make the Dropſy-water.

TAKE a buſhel of pick'd Elder-berries, put them in a large Tub; put in as much Water or ſtrong Beer as will cover them, and put in a quart of Ale-yeaſt, and a piece of Leaven as big as a penny Loaf; break it to pieces, and ſtir it tother once or twice a day, for eight days together; then put them in a Pot, and diſtil it off in an Alembick: Draw off a gallon of Water from this quantity. It muſt be drank three times a day; in

the Morning faſting, before Dinner, and laſt at Night, till you have drank up the quantity.

Lilly of the Valley Water.

TAKE the Flowers of Lilly of the Valley, and diſtil them in Sack, and drink a Spoonful or two, as there is occaſion. It reſtores Speech to thoſe who have the dumb Palſey, or Apoplexy: It is good againſt the Gout; it comforts the Heart, and ſtrengthens the Memory; it helps Inflammations of the Eyes, being dropt into them; and the Flowers put into a Glaſs cloſe ſtopt, and ſet into a hill of Ants for a month; then take it out, and you will find a Liquor that comes from the Flowers, which keep in a Vial: it eaſeth the Pains of the Gout, the Place affected being anointed therewith.

To make Vertigo-water.

TAKE the Leaves of red Sage, Cinquefoil, Sandine and Wood-betony, of each a good handful; boil them in a gallon of Spring-water, till it comes to a quart; when 'tis cold, put into it a pennyworth of Roch-Allum, then bottle it up. When you uſe it, put a little of it in a Spoon, or in the Palm of your Hand, and ſnuff it up. Go not into the Air preſently. It muſt be made between the firſt and tenth of *May*.

Dr. Burgeſs's *Antidote againſt the Plague.*

TAKE three pints of Muſcadine, and boil therein one handful of Sage, as much Rue, Angelica-roots one ounce, Zedoary-roots one ounce, *Virginia* Snake-root half an ounce, Saffron twenty grains.

Let

Let all theſe boil till a Pint be conſumed; then ſtrain it, and ſet it over the Fire again, and put therein two penny-worth of long Pepper, half an ounce of Ginger, as much Nutmegs. Beat all the Spices, and let them boil together a little, and put thereto a quarter of an ounce of Mithridate, and as much *Venice*-Treacle, and a quarter of a pint of the beſt Angelica-water: Take it warm both Morning and Evening, two ſpoonfuls if already infected; if not infected, one ſpoonful is enough for a day. Half a ſpoonful in the Morning, and as much at Night. This had great Succeſs, under God, in the Plague; 'tis good likewiſe againſt the Small-Pox, or any other Peſtilential Diſeaſe.

The Lady Onſlow's *Water for the Stone.*

TAKE as much Saxafrage, as being diſtill'd will yield two quarts of Water; then take a peck of Hog's-Hawes, and bruiſe them well; then take Filipendula and Parſley of each three handfuls, Parſley of Breakſtone and Mother-thyme of each two handfuls; Marſhmallow-Roots, Parſley-Roots, of each one handful; four large Horſe-radiſh Roots, red Nettle-ſeed and Burdock-ſeed of each one ounce; bruiſe the Seeds, cut the Herbs, and ſlice the Roots, and mix them well together with three quarts of White-wine, and as much new Milk from the Cow. So diſtil them and the Saxafrage-water together in a cold Still, and draw it off as long as any Water will come; the Saxafrage muſt be diſtill'd in *May*, and the other Water the latter end of *September* or *October*, when the Hawes are ripe. Let the Perſon when the Fit of the Stone cometh, take three or four ſpoonfuls of White-wine, and as much of this Water mix'd together; if the Diſtemper abate not, take ſix ſpoonfuls of this Water once in two hours till 'tis removed; you may if you pleaſe ſweeten it with Syrup of Marſhmallows.

Centaury-

Centaury-Water.

TAKE one pound of Gentian, and six pound of green Centaury, beat the Gentian, and shred the Centaury, and put them into an earthen Pot, and put to them as much White-wine as will cover them, let it stand five days and distil it in an ordinary Still. This is an excellent Water. Take three or four spoonfuls at a time in a Morning, and fast two hours after it, and use Exercise; likewise take it at Night an hour or two before you go to Bed.

To make Hiera-picra.

TAKE a Dram of Hiera-picra, and a Dram of Cochineal, and two Drams of Anniseeds, beat them all very fine; then put them into a Bottle with a pint of the best Sack, and a pint of Brandy; shake them well together five or six days; then let it stand to settle twelve hours, so pour it off into another Bottle, clear from the Dregs, and keep it for use. 'Tis very good against the Cholick or Stomach-ach, and removes any thing that offends the Stomach; take four spoonfuls of it fasting, and fast two hours after it: You must take it constantly three Weeks or a Month, and 'tis well to drink the following Drink after it.

Take new-lay'd Eggs and break them; save the Shells, and pull off the Skin that is in the inside; dry the Shells and beat them to powder; sift them, and put six spoonfuls of this Powder into a quart of these Waters, half a pint of Fennel-water, half a pint of Parsley-water, half a pint of Mint-water, half a pint of Black Cherry-water. Take a quarter of a pint at a time, shaking the Glass when you pour it out. Take this three times a day, at Eleven

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in the Morning, at Three in the Afternoon, at Eight at Night, and you ſhould take it as long as you take the Hiera-picra.

To make Lime-Water.

TAKE a pound of unſlack'd Lime, and put it into an earthen Jug well glazed, and put to it a Gallon of Spring-water boiling hot; cover it cloſe till 'tis cold; then ſcum it clean, and let it ſtand two days; then pour it clear off into Glaſs Bottles, and keep it for uſe. The older the better, the Virtues are as follows.

For a Sore, warm ſome of the Water and waſh the Sore well with it for half an hour; then lay a Plaiſter on the Sore of ſome gentle Thing, and lay a Cloth over the Plaiſter four or five Doubles, wet with this Water, and as it dries wet it again, and it will heal it.

For a Flux or Looſeneſs, take two ſpoonfuls of it cold in the Morning and Two at Night, as you go to Bed; do this ſeven or eight days together for a Man or Woman, but if for a Child one ſpoonful at a time is enough, and if very young half a ſpoonful at a time. It will keep twenty Years, and no one who has not experienced it, knows the Virtues of it.

A Milk-Water for a cancerous Breaſt.

TAKE ſix quarts of new Milk, and four handfuls of Cranes-Bill, that ſort of it that has little Buds on it, and is long in the Stalk, and four hundred of Woodlice, diſtil this in a cold Still with a gentle Fire. Then take one ounce of Crabs-Eyes, and half an ounce of white Sugarcandy both in fine Powder; mix them together, and take a Dram

Dram of the Powder in a quarter of a pint of the Milk-water in the Morning, at Twelve at Noon, and at Night. Continue taking this three or four Months, 'tis an excellent Medicine.

Cock-Water for a Conſumption.

TAKE an old red Cock from a Barn-Door, pull him alive; then kill him and quarter him, and with clean Cloths wipe the Blood from him; then put the Quarters into a cold Still, and part of a Leg of Veal, and put to them two quarts of old *Malaga* Sack, a handful of Thyme, as much ſweet Marjoram and Roſemary, two handfuls of Pimpernel, four of Dates ſtoned and ſliced, one pound of Currants, as many Raiſins of the Sun ſtoned, a pound of Sugarcandy finely beaten; when all is in, paſte up the Still. Let it ſtand all Night, the next Morning ſtill it, and mix the Water together, and ſweeten it to your Taſte with white Sugarcandy. Drink three or four ſpoonfuls an hour before Dinner and Supper. Diſtil this Water in *May*.

Another Water againſt a Conſumption.

TAKE a pound of Currants, and of Hart's-Tongue, Liver-wort, and Speedwel, of each a large handful; then take a peck of Snails, and lay them all Night in Hyſop, the next Morning rub and bruiſe them, and diſtil all in a Gallon of new Milk; ſweeten it with white Sugarcandy, and drink of this Water two or three times a day, a quarter of a pint at a time. It has done great good.

Another

Another Water againſt a Conſumption.

TAKE 3 pints of the beſt Canary, and a pint of Mint-water, 3 ounces of candy'd Eringo-Roots, 3 ounces of Dates, a quarter of an ounce of Mace, 3 ounces of *China* Roots, 3 ounces of Raiſins ſtoned; infuſe theſe 12 hours in an earthen Pot cloſe covered over a gentle Fire; when 'tis cold ſtrain it out, and keep it in a clean Pan, or Glaſs Jar for uſe. Then make about a quart of plain Jelly of Harts-horn, and drink a quarter of a pint of this Liquor with a large ſpoonful of Jelly Night and Morning for two or three Months together.

A Water to ſtrengthen the Sight.

TAKE Roſemary-flowers, Sage, Betony, Rue, and Succory, of each one handful; infuſe theſe in two quarts of Sack, and diſtil them in an Alembick. The Doſe is a ſpoonful in the Morning faſting, till the Water is done.

Rue-Water good for Fits of the Mother.

TAKE of Rue, green Walnuts, of each a pound, Figs a pound and half; bruiſe the Rue and Walnuts, ſlice the Figs in thin ſlices and lay them between the Rue and Walnuts, and diſtil it off; bottle it up and keep it for uſe. Take a ſpoonful or two when there is any Appearance of a Fit.

An opening Drink.

TAKE Pennyroyal, red Sage, Liver-wort, Hore-hound, Maiden-hair, Hyſop, of each two handfuls, Figs one pound, Raiſins ſtoned one pound, blue Currants half a pound, Liquoriſh, Anni-

ſeeds, Coriander-ſeeds, of each two ounces; put all theſe in two Gallons of Spring-water, and let it boil away two or three quarts; then ſtrain it, and when 'tis cold put it in Bottles. Drink half a pint in the Morning, and as much in the Afternoon; keep warm and eat little.

For a Diſtemper got by an ill Husband.

TAKE two Pennyworth of Gum-Dragon, pick and clean it, and put it in an earthen Pot, put to it as much red Roſe-water as it will drink up; ſtir it two or three times a day till 'tis all diſſolved into a Jelly; then put in three grated Nutmegs, and double-refin'd Sugar to your Taſte, finely powdered, and a little Cinnamon-water, no more than will leave it in a Jelly: Take the quantity of a Nutmeg in the Morning faſting, and laſt at Night; but firſt prepare the Body for it, by taking ſix Pennyworth of *Pulvis Sanctus* in Poſſet-Drink, and drink Broth in the working.

For a Cough ſettled on the Stomach.

TAKE half a pound of Figs, as many Raiſins of the Sun ſtoned, a ſtick of Liquoriſh ſcrap'd and ſlic'd, a few Anniſeeds, a few ſweet Fennel-ſeeds, and ſome Hyſop waſh'd. Boil all theſe in a quart of Spring-water till it comes to a pint, ſtrain it and ſweeten it very well with white Sugarcandy. Take two or three ſpoonfuls of it Morning and Night, and when you pleaſe.

To make Hungary-Water.

TAKE four ounces of Roſemary-flowers, and a pint of Spirit of Wine, infuſe it twelve hours, and draw it off in a Glaſs Still.

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A Drink to preſerve the Lungs.

TAKE three Pints of Spring-water, put to it 1 Ounce of flower of Sulphur, and let it boil on a ſlow Fire till half is conſumed; then let it ſtand to ſettle, and ſtrain it out, and pour it on one Ounce of Liquoriſh ſcraped, and a Dram of Coriander-ſeeds, and as many Anniſeeds bruiſed. Let it ſtand to ſettle, and drink a quarter of a Pint Morning and Night.

An excellent Snail-Water.

TAKE of Comfry and Succory Roots of each 4 ounces, Liquoriſh 3 ounces, the Leaves of Hart's-Tongue, Plantane, Ground-Ivy, red Nettles, Yarrow, Brooklime, Water-creſſes, Dandelion, and Agrimony, of each 2 large handfuls: Gather theſe Herbs in dry Weather, and do not waſh them, but wipe them clean with a Cloth; then take five hundred of Snails cleanſed from their Shells, but not ſcoured, and of Whites of Eggs beat up to a Water one Pint, 4 Nutmegs groſsly beaten, the yellow Rind of one Lemon and one Orange; bruiſe all the Roots and Herbs, and put them together with the other Ingredients in a Gallon of new Milk, and a Pint of Canary; let them ſtand cloſe covered 48 Hours, and then diſtil them in a common Still with a gentle Fire: this quantity will fill your Still twice, it will keep good a Year, and is beſt when made Spring or Fall, but 'tis the beſt when new; you muſt not cork up the Bottles in 3 Months, but cover them with Paper: it is immediately fit for uſe, and when you uſe it, take a quarter of a Pint of this Water, and put to it as much Milk warm from the Cow, and drink it in the Morning, and at 4 a-Clock in the Afternoon, and faſt two Hours

Hours after it. To take Powder of Crabs-Eyes with it, as much as will lie on a Sixpence, mightily aſſiſts to ſweeten the Blood. When you drink this Water, be very regular in your Diet, and eat nothing ſalt or ſour.

Eye-water.

TAKE Orice-root ſliced 2 ounces, white Copperas finely beaten one ounce, put them in 3 Pints of running Water, ſhake it well 3 or 4 days, and then uſe it; if a watry Eye, you may add a bit of Bole-Armoniack.

To make Briony Water.

TAKE 12 Pound of Briony-root, pound it to Maſh, then take one quart of the Juice of Rue, one quart of the Juice of Mugwort Leaves, of Savin 3 handfuls, ſweet Baſil 2 handfuls, Mother of Thyme, Nepp and Penny-royal of each 3 handfuls, Dittany of *Crete* and dry'd Orange-peel of each 4 handfuls, Myrrh 2 ounces, Caſtor 1 ounce, both powdered, and likewiſe the Orange-peel; diſtil this off in an Alembick: firſt cut your Herbs and put them in the bottom of your Still, then put in your Briony-root, then mix your Powders in a *China* diſh with ſome Sack, then pour in 6 quarts of Sack. Cloſe up your Still, and draw it off.

A Water to take after taking Balſam of Tolu.

TAKE a Pint of Whites of Eggs beaten to a Froth, 5 Nutmegs bruiſed, 2 handfuls of dry'd Spearmint, 2 handfuls of unſet Hyſop; add to theſe a Gallon of new Milk, and diſtil it off in a cold Still. You may draw off about 3 Pints,

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take 6 Spoonfuls of this Water at a time with Sugar-candy in it.

To make the true Daffy's *Elixir.*

TAKE 5 ounces of Anniſeeds, 3 ounces of Fennel-ſeeds, 4 ounces of Parſley-ſeeds, 6 ounces of *Spaniſh* Liquoriſh, 5 ounces of Sena, one ounce of Rhubarb, 3 ounces of Elecampane, 7 ounces of Jallap, 21 Drams of Saffron, 6 ounces of Manna, 2 pounds of Raiſins, a quarter of an ounce of Cochineal, 2 gallons of Brandy; ſtone the Raiſins, ſlice the Roots, bruiſe the Jallap, put them all together, keep them cloſe covered 15 days, then ſtrain it out.

For any Man or Beaſt bitten by a mad Dog.

TAKE Sage Leaves and Rue of each a good handful, 2 or 3 heads of Garlick, 4 Pennyworth of the beſt Treacle, a handful of the ſmalleſt ſhavings of Tin or Pewter, boil all theſe in a quart of ſtrong Ale in a Pipkin, or Stone Grock, cloſe ſtopp'd and paſted over, and ſet to boil in a Kettle of hot Water, and put it over the Fire for two hours: it will be apt to fly up, therefore put a Pye-plate and Bricks upon the top of the Paſte. Give, or rather pour it into the Party bitten by 5 or 6 ſpoonfuls at a time, according to the Strength of the Party bitten, whether it be Man or Dog, or other Creature. This muſt be given 3 Days before the full or new Moon next happening after the Party has been bitten.

Milk-Water.

TAKE 2 good handfuls of Wormwood, as much Carduus, as much Rue, 4 handfuls of Mint, as much Balm, half as much Angelica, cut theſe

a little, put them into a cold Still, and put to them 3 quarts of Milk; let your Fire be quick till your Still drops, then a little ſlower. You may draw off 2 quarts; the firſt quart will keep all the Year: This is extraordinary good in Fevers, ſweeten'd with Sugar or Syrup of Cloves.

A Powder to cure a Rupture.

In the latter End of *March* get half a pound of knots of Scurvygraſs before they are quite blown, one pound of Comfry-Roots, half a pound of Fern-Roots, one ounce of Juniper-berries, one ounce of Dragon's-blood, half a pound of the Roots of Solomon-ſeal, a quarter of an ounce of Nutmegs, a quarter of an ounce of Mace; ſcrape your Roots very clean, and ſlice them thin, and put every ſort by themſelves in a clean Paper Bag; lay them on a clean earthen Diſh, and let them be put in a ſlow Oven till they are dry enough to powder: You muſt do the like to your Scurvygraſs, that they may be all finely powdered, and then mix'd together and kept up cloſe in a Glaſs with Paper round it. You may in any Liquor give as much of this Powder to a young Child as will lie on a Sixpence Morning and Night; to one of 7 Years more, to a Man or Woman as much as will lie on a Shilling: put the Powder in a Spoon and wet it to mix, and take it three Weeks.

Plain Hiera-Picra.

Put one ounce of Hiera-picra into one quart of Brandy; let your Bottle hold more than a quart, that you may have room to ſhake it; let it ſtand 5 Days near the Fire, ſhaking it often and ſtop it cloſe. This is a good Purge, take half a quarter of a Pint going to Bed, drink a draught of warm

warm Ale or Broth a little while after it. You may take it 9 or 10 days together; it opens the Stomach, cauſes Digeſtion, prevents green Sickneſs, and kills Worms in Children.

For a Rheumatiſm, or Pain in the Bones.

TAKE a quart of Milk, boil it and turn it with 3 Pints of ſmall Beer, then ſtrain the Poſſet on 7 or 9 globules of Stone-Horſe dung tied up in a Cloth, and boil it a quarter of an hour in the Poſſet-drink; when 'tis taken off the Fire, preſs the Cloth hard, and drink half a pint of this Morning and Night hot in Bed. If you pleaſe you may add White-Wine to it. This Medicine is not good, if troubled with the Stone.

To make Treacle-water.

TAKE Juice of green Walnuts 4 pounds, and of Rue, Carduus, Marigolds, and Balm, of each 3 pound, Roots of Butter-bur half a pound, Roots of Burdock one pound, Angelica and Maſter-wort of each half a pound, Leaves of Scordium 6 handfuls, *Venice*-Treacle and Mithridate of each half a pound, old Canary-Wine 2 pound, White-wine Vinegar 6 pound, Juice of Lemons 6 pound: diſtil this in an Alembick, and on any Illneſs take 4 ſpoonfuls going to Bed.

To make Uſquebaugh.

TO 3 gallons of Brandy put 4 ounces of Aniſeeds bruiſed, the next day diſtil it in a cold Still paſted up; then ſcrape 4 ounces of Liquoriſh and pound it in a Mortar, dry it in an Iron Pan, do not burn it, put it in the Bottle to

your diſtill'd Water, and let it ſtand 10 Days. Then take out the Liquoriſh, and to every 6 quarts of the Spirits put in Cloves, Mace, Nutmegs, Cinnamon and Ginger, of each a quarter of an ounce, Dates ſtoned and ſliced 4 ounces, Raiſins ſtoned half a pound: let theſe infuſe 10 days, then ſtrain it out and tincture it with Saffron, and bottle it and cork it well.

To make Mr. Denzil Onſlow's *Surfeit-Water.*

TAKE a gallon and half of the beſt Brandy, half a buſhel of Poppies, half a handful of Rue, half a handful of Wormwood, one handful of Sage, one handful of Balm, one handful of unſet Hyſop, one handful of Mint, one handful of Sweet-marjoram, half a pound of Roſa-Solis, waſh, and pick, and dry theſe Herbs in a coarſe Cloth, then ſhred them very fine. Take half a pound of Liquoriſh ſcraped, and pull'd into Threads, one ounce of Coriander-ſeeds, one ounce of Anniſeeds, a few Cloves all bruiſed, a pound of Raiſins ſtoned, one pound of Loaf-Sugar; put all theſe in an earthen Jar cover'd very cloſe, and ſet it in a cool Cellar, and ſtir them twice a day till the Poppies look pale; put a little Saffron in with the other Ingredients, ſtrain it off into another Jar, and in a Fortnight, when 'tis ſettled, bottle it.

Mix the Herbs that are ſtrained from it with Milk, diſtil it; 'tis a Cordial Milk-water.

An approv'd Medicine for the Dropſy.

TAKE about three ſpoonfuls of the beſt Muſtard Seed, and about a handful of Bay-berries, the like quantity of Juniper-berries, one ounce of Horſe-

Horſe-radiſh, and about half a handful of Sage of Virtue, as much Wormwood Sage, and half a handful of Scurvy-graſs, and a quarter of a handful of ſtinking Orach, and a little Sprig of Wormwood, a Sprig of green Broom, and half an ounce of Gentian-root; ſcrape, wipe, and cut all theſe, and put them into a Bottle that will hold a Gallon; then fill the Bottle with the beſt ſtrong Beer you can get; then ſtop it cloſe, and let it ſtand three or four days, and drink every Morning faſting half a Pint.

A Specifick Cure for ſtopping Blood.

TAKE two ounces of clarify'd Roch-Allum; let it be finely powder'd, and melt it in a Silver Ladle; then add to it half an ounce of Dragon's Blood in powder, and mix them well together; then take it off the Fire, keeping it ſtirr'd till it come to the conſiſtence of a ſoft Paſte, fit for making up into Pills: Make your Pills into the bigneſs of a large Pea; and as the Paſte cools, warm it again to ſuch a degree, as the whole quantity may be made into Pills. This Medicine is proper in all Caſes of violent bleeding, without exception. The ordinary or uſual Doſe is half a Grain; to be taken once in 4 hours, till the bleeding ſtops; taking a Glaſs of Water or Ptiſan after it, and after every Doſe, and another of the ſame Liquor a quarter of an hour after. In violent Caſes, give half a dram for a Doſe.

To make Stoughton's *Elixir.*

PARE off the Rinds of ſix Sevil Oranges very thin, and put them in a quart Bottle, with an ounce of Gentian ſcrap'd and ſlic'd, and ſix Pennyworth of Cochineal: Put to it a Pint of the beſt Brandy; ſhake it together 2 or 3 times the firſt day, then let it ſtand to ſettle 2 days, and clear it off into

Bottles for uſe. Take a large Tea Spoonful, in a Glaſs of Wine in a Morning, and at 4 in the Afternoon: Or you may take it in a diſh of Tea.

An Electuary for a Cough.

TAKE Conſerve of red Roſes, two ounces; Conſerve of Hips, one ounce; *Lucatellus*'s Balſam, half an ounce; Species of Hiatragacanth frigid, one dram; Syrup of Balſam, three drams: Mix all together well; take the quantity of a ſmall Bean three times a day.

Excellent Lozenges for a Cough.

TAKE a pound of brown Sugar-candy, and a pound of Loaf-Sugar; beat and ſearce them thro' a fine Sieve. Take an ounce of the Juice of Liquoriſh, and diſſolve it in three or four Spoonfuls of Hyſop-water over a gentle Fire; then mix your Sugar and Sugar-candy with one dram of Orrace-Powder, one dram of the Powder of Elicampane, of Gum-dragon powder'd half a dram: Add one dram of the Oil of Anniſeeds, and one grain of Musk. Mix all theſe together, and work it into a Paſte; and roll them into Lozenges the bigneſs of a Barley-corn, or ſomething larger.

To promote Breeding.

LET the Party take of the Syrup of ſtinking Orrice, a Spoonful night and morning, for a week or more; then as follows. Take 3 pints of good Ale; boil in it the Piths of 3 Ox Backs, half a handful of Clary, a handful of Nep (or Cat Bos), a quarter of a pound of Dates ſtoned, ſliced, and the Pith taken out; a handful of Raiſins of the Sun ſtoned, 3 whole Nutmegs prick'd full of holes. Boil all

theſe till half be waſted; ſtrain it out, and drink a ſmall Wine-glaſs full at your going to Bed. As long as it laſts, accompany not with your Husband. During the taking, or ſome time before, be very chearful, and let nothing diſquiet you.

Take Shepherds Purſe, a good handful, and boil it in a pint of Milk, till half be conſumed; and drink it off.

For a Burn or Scald.

TAKE Laurel Leaves, chop them in Hogs Greaſe; ſtrain it, and keep it for uſe.

To make Necklaces for Children in cutting Teeth.

TAKE Roots of Henbane, of Orpin and Vervain; ſcrape 'em clean with a ſharp Knife; cut them in long Beads, and ſtring them green; firſt Henbane, then Orpin, then Vervain; and ſo do till 'tis the bigneſs of the Child's Neck. Then take as much red Wine as you think the Necklace will ſuck up, and put into it a dram of red Coral, as much ſingle Piony-root, finely powder'd. Soak your Beads in this 28 hours, and rub the Powder on the Beads. Syrup of Lemons, and Syrup of ſingle Piony, is excellent to rub the Child's Gums with very frequently.

To make the Eye-Salve.

TAKE of freſh Butter out of the Churn, unſalted and unwaſhed, 2 pound; ſet it in a Glaſs Jar in the Sun to clarify 3 months; then pour very clear off about a quarter of a pound, and put to it an ounce of Virgin-wax; when 'tis melted, put it into white Roſe-water to cool, and beat it in the

Water half an hour, then take it out from the Water and mix with it half an Ounce of rectify'd Tutty finely powder'd, and two Scruples of Maſtick beaten and bruiſed as well as poſſible, mix all well together and put it in Pots for uſe; take a very little in your Fingers when in Bed, ſhut your Eye, and rub it over the Lid and Corner of your Eye.

An excellent Medicine for the Pain in the Stomach.

TAKE of Tinctura Sacra (or Tincture of Savory) one Ounce in a Morning, faſting an hour, then drink a little warm Ale; do this twice or three times a Week till you find relief.

To prevent or cure the Plague.

TAKE three Pints of Muſcadine Wine, boil in it a handful of Sage, and as much Rue, till a Pint is waſted; then ſtrain it out and ſet it on the Fire again, and put therein Long Pepper, Ginger, Nutmegs, of each three parts of an Ounce, beaten together in fine Powder: Let it boil a little, then put to it two Ounces of Treacle, one Ounce of Mithridate, and a quarter of a Pint of Angelica Water, diſſolve the Treacle and Mithridate in the Angelica Water, then mix all together. Take of it both Morning and Evening, warm, two ſpoonfuls; if infected take it in bed and ſweat with it; but if not infected one ſpoonful in the Morning may be ſufficient, and not lie to ſweat after it. You may take half a ſpoonful at Night; this is good in the Small-pox or Meaſles. It was uſed in the Sickneſs-Year with great Succeſs both to young and old.

Water

Water in a Conſumption, or in Weakneſs after Sickneſs.

TAKE a Calf's-pluck freſh kill'd, before the Veal is blown; take out the Pluck, but don't waſh it, cut it in pieces and put it in a cold ſtill, but firſt put at the bottom of your Still a Sheet of white Paper well butter'd, then put in your Pluck, with Mint, Balm, Borage, Hyſop, and Oak Lungs, of each about two handfuls, wipe and cut the Herbs but not waſh them; put in a Gallon of new Milk warm from the Cow, paſte up the Still, and let it drop on white Sugar-candy; it will draw off about ſeven Pints, mix it together and bottle it for uſe. Drink a quarter of a Pint in the Morning, and as much at four in the Afternoon.

A Stay to prevent a ſore Throat in the Small-Pox.

TAKE Rue, ſhred it very fine, and give it a Bruiſe; mix with it Honey and Album Grecum, and work it together; put it over the Fire to heat, ſew it up in a Linen Stay, and apply it to the Throat pretty warm: as it dries repeat it.

To prevent Pitting, and to take off Redneſs.

TAKE Rue and chop it, boil it in Hogs Lard till 'tis green; ſtrain it out and keep it for uſe. Warm a little in a Spoon, and with a Feather anoint the Face as they begin to ſhell off; do it as often as convenient.

An admirable Cerecloth.

TAKE a pound of Frankincenſe beaten fine, and a pound of Roſin beaten, a pound of black Pitch, and four Ounces of Cummin-ſeeds powder'd, four Pennyworth of Saffron dry'd and powder'd, four Pennyworth of Mace beaten and ſifted, four Pennyworth of Cloves beaten fine, an Ounce of Liquid Laudanum, and a pound of Deer-Suet.

Seaſon a new Pipkin; firſt lay it in cold Water, then boil Water in it, and ſet it by till 'tis cold; then dry it and put in your Deer-Suet, and let it melt, ſhaking it about as you do for melting Butter; then put in your Frankincenſe, Roſin, Pitch, Cummin-ſeed, Saffron, Mace, Cloves, and ſet them over the Fire and let them have a boil or two; then take them off and ſet it by a little, and then ſprinkle in your Liquid Laudanum; let it ſimmer a little, take it off, and when 'tis fit to ſpread, ſpread it on the thickeſt brown Paper, and uſe it on occaſion. 'Tis good for Bruiſes, Aches, Pains, Burns, Scalds, and and ſore Breaſts; wipe the Plaiſter every Day, and put it on again; one or two Plaiſters will do.

An excellent Vomit.

TAKE a quarter of a pound of clear Allum, beaten and ſifted as fine as Flour, divide it into three parts, the firſt the biggeſt; put a quarter of a pint of Water in a Saucepan, and put in your biggeſt Paper of Allum, and let it ſimmer over the Fire, but not boil; take it off, cool it to blood warm; drink it off, but take nothing after it; ſit ſtill till it has work'd once, keep very warm, nor take nothing in the working; but you may walk about after it has work'd once; take it three Mornings together, or more if there be occaſion, till the Stomach is clear. There is no Caſe where a Vomit is proper, but this is good.

A fine Purge.

TAKE an Ounce of Liquoriſh, ſcrape it and ſlice it thin, and a ſpoonful of Coriander-ſeeds bruiſed, put theſe into a Pint of Water and boil it a little; then ſtrain this Water into an Ounce of Sena, let it ſtand ſix hours; ſtrain it from the Sena and drink it faſting.

A purging Diet-drink in the Spring.

TAKE ſix Gallons of Ale, three Ounces of Rhubarb, twelve Ounces of Sena, twelve Ounces of Mader Roots, twelve Ounces of Dock Roots, twelve Handfuls of Scabious, twelve Handfuls of Agrimony, three Ounces of Aniſeed; ſlice and cut theſe, put them in a Bag and let it work in the Ale: Drink of it three or four times a day.

For a ſore Mouth in Children.

TAKE half a Pint of Verjuice, ſtrain into it four ſpoonfuls of the Juice of Sage; boil this with fine Sugar to a Syrup, and with a Feather anoint the Mouth often, touch it not with a Cloth, nor rub it: the Child may lick it down, it will not hurt it.

For red or ſore Eyes.

TAKE a quarter of an Ounce of white Copperas, and an Ounce of Bole Armoniac, beat them to a fine Powder, and beat an Ounce of Camphire groſly in an Iron Mortar; ſet two quarts of Spring Water on the Fire, when it boils take it off and let it ſtand till 'tis lukewarm, then put in your Powders, ſtirring till cold: Drop the clear in the Eye.

For

For a Pain in the Stomach, or Heavineſs of Heart.

TAKE a Pint of Roſe-water, put to it ſome double refin'd Sugar, and a Pennyworth of Saffron ty'd up in a piece of Lawn; let it ſtand two or three Days, and then at any time take 3 Spoonfuls.

For Fits from Wind or Cold.

TAKE three Drops of Oil of Amber in ſome burnt Wine, or Mace Ale. If it's given in black Cherry Water, it is good to forward Labour in Childbed.

To make the red Balls.

TAKE Rue, Dragon, Roſemary, Sage, Balm, Betony, Plantane, Pimpernel, Dandelion, Scabious, Wormwood, Mugwort, Saxafrage, Red-bramble-top, Tormentil, Shepherds-purſe, Lovage, Carduus, Centaury, Angelica, Agrimony, Fumitory, Scordium, of each 1 Handful; gather theſe in dry Weather, pick and chop them, put them in a broad Pan, and pour on them a Pint of White-wine, and let it ſtand 9 or 10 Days in the Sun, ſtirring it ſometimes; then ſtrain it out, ſqueezing it with your Hand, wipe your Pan clean, and put in your Juice, with half an Ounce of Powder of Pearl prepared, half an ounce of Venice Treacle, half an ounce of Powder of Coral; Powder of Crabs Claws 2 ounces, 1 ounce of double Confection of Alkermes, and of Bole Armoniac powder'd, as much as will make it the thickneſs of a Syrup; let it ſtand in the Sun to dry 2 or 3 Days, or till it will roll up into Balls, what ſize you pleaſe; if it's too thin

thin uſe more Bole-Armoniac; dry them well, and keep them for uſe: Scrape as much as will lie on a Sixpence, and take it in a Glaſs of Sack, or ſmall Cordial, going to Bed.

To make Elixir Proprietatis.

TAKE of Myrrh 4 Drams, Aloes 4 Drams, Saffron 4 Drams, infuſe them in a Pint of the beſt Brandy: Firſt put in the Saffron, and let it ſtand 12 hours, then the Myrrh and Aloes; ſet it by the Fire 3 or four days, ſhaking it very often; then ſtrain it off: Take 60 or 70 Drops, more or leſs, in a little White-wine, in a Morning faſting, for a Week or ten days together; 'tis good for any Illneſs in the Stomach, or in the Bowels. 'Tis the beſt of Phyſick for Children.

To cure a Pimpled Face.

TAKE an ounce of live Brimſtone, as much Roche Allum, as much common Salt; white Sugar-candy 2 Drams, Sperma-Cete 2 Drams; pound and ſift all theſe into a fine Powder, and put it in a Quart Bottle; then put to it half a Pint of Brandy, 3 ounces of white Lilly-water, and 3 ounces of Spring-water; ſhake all theſe well together, and keep it for uſe. When you uſe it, ſhake the Bottle, and bathe the Face well, and when you go to Bed, dip Rags in it, and lay it all over the Face, in 10 or 12 days it will be perfectly cured.

A Purge for Hoarſeneſs, or any Illneſs on the Lungs.

TAKE 4 ounces of the Roots of Sorrel, of Hyſop, and Maiden-hair, of each half a handful; Raiſins a quarter of a pound ſton'd, Sena half

half an ounce, Barley-water 2 quarts; put all theſe in a Jug, and infuſe them in a Kettle of Water 2 hours, ſtrain it out and take a quarter of a Pint Morning and Night.

An Electuary for a Cold, or Windy Stomach.

TAKE Gum-Ganicum one ounce, Cubebs a quarter of an ounce, Cardamums a quarter of an ounce; beat and ſift all theſe, and mix it with Syrup of Gillyflowers into an Electuary. Take Night and Morning the quantity of a Nutmeg; drink a little warm Ale after it.

An Electuary for a Pain in the Stomach.

TAKE Conſerve of Wood-Sorrel and Mithridate an equal quantity, mix it well together, and take Night and Morning the quantity of a Nutmeg; ſo do for 15 days together.

To keep Artichokes all the Year.

IN the latter end of the Seaſon boil them till they be half enough, and then dry them upon a hair Cloth upon a Kiln the ſpace of 50 hours, till they are very dry; lay them in a dry Place, when you uſe them ſoak them a Night in Water, and boil them till they are tender.

To keep Walnuts all the Year.

ALMOST in the latter end of the Seaſon take off the green Shell of your Nuts, and dry them on a hair Cloth on the Kiln 40 hours; when they

they are dry keep them for uſe, when you wou'd uſe them ſoak them three days in Water, ſhifting three times a day.

To make Ink.

GET one pound of the beſt Galls, half a pound of Copperas, a quarter of a pound of Gum-Arabick, a quarter of a pound of white Sugar-candy; bruiſe the Galls, and beat your other Ingredients fine, and infuſe them all in three quarts of White-wine or Rain-water, and let them ſtand hot by the Fire three or four days; then put all into a new Pipkin, ſet it on a ſlow Fire, ſo as not to boil; keep it frequently ſtirring, and let it ſtand five or ſix hours till one quarter is conſumed, and when cold ſtrain it thro' a clean coarſe piece of Linnen; bottle it and keep it for uſe.

To waſh Gloves.

TAKE the yolk of an Egg and beat it, and egg the Gloves all over and lay them on a Table, and with a hard Bruſh and Water rub them clean; then rinſe them clean, and ſcrape white Lead in Water pretty thick, and dip the Gloves in; let them be all over white, ſqueeze them out and let them dry, and as they begin to dry ſtretch and rub them till they be limber, dry and ſmooth; then gum them with Gum-Dragon ſteep'd in ſweet Water, and let them dry on a marble Stone. If you colour them, ſcrape ſome of the following Colours amongſt the white Lead: The dark Colour is Umber; for brick Colour red Lead; for a Jeſſamy yellow Oaker; for Copper Colour red Oaker; for Lemon Colour Turmerick.

To make Paste for Hands.

BLANCH and beat a pound of bitter Almonds, and in the beating put in 2 handfuls of ston'd Raisins, and beat them together till they are very fine; then take 3 or 4 spoonfuls of Sack or Brandy, as much Ox-Gall, 3 or 4 spoonfuls of brown Sugar, the yolks of 3 Eggs; beat it well together; set it over the Fire and give it 2 or 3 boils; when 'tis almost cold mix it with the Almonds, put it in Gallypots; the next day cover it close, and keep it cool, and it will be good 5 or 6 Months.

Medicines and Salves.

To cure the Rickets.

OPEN a Vein in both Ears between the Junctures, mix a little Aqua-vitæ with the Blood, and with it anoint the Breast, Sides and Neck; then take 3 ounces of the green Ointment, and warm a little of it in a Spoon, and anoint the Wrists and Ancles as hot as it may be endured: do this for 9 Nights just before Bed-time; shift not the Shirt all the time. If the Veins do not appear, rub it with a little Lint dipp'd in Aqua-vitæ, or else cause the Child to cry, and that will make the Veins more visible, and bleed the better.

To make the Drink.

TAKE a quart of Spring-water, of Liver-wort one handful, Liquorish, Anniseeds, Coriander-seeds, sweet Fennel-seeds, and Harts-horn, of each an

an equal quantity; 40 Raiſins of the Sun ſton'd, 14 Figs; boil all theſe together till one half is conſumed; then put in 3 ſpoonfuls of Honey, and boil it a little more; let it ſtand till 'tis cold and ſtrain it out, and put in 2 ſpoonfuls of Syrup of Gillyflowers and bottle it up. Take 2 or 3 ſpoonfuls Morning and Evening.

The Green Ointment.

TAKE Rue, Camomile, Hyſop, Hogs-Fennel, red Fennel, Roſemary, Bays, Lady's-mantle, Paul's-betony, Water-betony, Balm, Nep, Valerian, Mallows, Nightſhade, Plantane, Comfry, Adders-tongue, Roman-wormwood, Common-wormwood, Vervain, Clary, Agrimony, red Sage, Ground-ivy, Feaver-few, Self-heal, Melilote, Bramble-tops, Marſhmallows, Sanicle, Ribwort, Mayweed, of each of theſe 2 large handfuls; pick and chop them, then take 4 pound of Butter unwaſh'd, and 3 pound of Boars-Greaſe; melt them together and put in the Herbs, and let it boil 2 hours; then ſtrain it out, let it ſtand a little, and put it in Pots for uſe.

Another way to cure the Rickets.

TAKE the Drink thus; take Polipodium growing upon a Church or Oak 3 ounces ſcrap'd, Liver-wort and Harts-tongue, of each a good handful; Betony 20 Leaves, white Hore-hound and Nep, of each 4 tops; boil all theſe together in 3 quarts of ſweet Wort till it is conſumed to 2 quarts; then ſtrain it, and when 'tis cold put to it 2 quarts of middling Wort, ſo let it work together; then put it in a little Veſſel, and when it has done working, take half a quarter of an ounce of Rhubarb ſliced very thin; put it in a little Linnen

Bag, with a Stone in it to keep it from ſwimming, and hang it in the Veſſel, and when 'tis 3 days old, let the Child drink of it a quarter of a pint in the Morning, as much in the Afternoon, at Four a Clock, or when the Child will take it. You muſt likewiſe anoint the Child Morning and Night with this following Ointment: Take Butter in the Month of *May*, as ſoon as it's taken out of the Churn, and waſh it with the Dew of Wheat; to a pound of Butter, take a handful of red Sage, as much of Rue, Camomile, and of ſowed Hyſop; boil all theſe in the Butter, and ſcum it till 'tis boiled clear; then ſtrain it out, and keep it in a Gallypot for uſe. You muſt anoint the Reins of the Back and the Ribs, ſtroking it downwards, and upon the Small of the Belly, and ſwing the Child often with the Heels upwards.

To make Charity-Oil.

TAKE Poplar Buds in the beginning of *May* one handful, and put them into a pint and half of Oil, and half a pint of Aqua-vitæ, and cover them cloſe, and let them ſtand till the following Herbs are in ſeaſon; then add to your Buds, Betony, Charity, Sanicle, the tops of St. *John's* Wort; when blown; Adders-tongue, Comfry, Self-heal, Balm, Southern-wood, Penny-royal, Flowers of red Sage, Parſley, Clown's all-Heal, Balſam, Knot-graſs, Sweet-marjoram, Lavender-Cotton, red Roſe-buds, Camomile, Lavender-tops when blown, of each of theſe Herbs a ſmall handful; but of Poplar-buds, red Roſe-buds, and Adders-tongue, double the quantity; gather the Herbs in dry Weather, and wipe them clean with a Cloth; ſhred them pretty groſly before you put them in, ſo let them ſteep in a ſtone Pot; when all is in, cover it very cloſe; then ſet them on the Fire in a Skillet, let

let them simmer with a slow Fire five or six hours, then strain it out. This Oil is good for any green Wound, Bruise, Burn, or Ach, and for Bruises inward, taking a spoonful in a little warm Sack; and for any outward Swelling warm it, and anoint the Part affected.

For the Gripes.

TAKE a Glass of Sack warmed, and dissolve in it as much *Venice*-Treacle, or Diascordium as a Hazel-Nut, drink it off going to Bed; cover warm.

To stay a Looseness.

TAKE a very good Nutmeg, and prick it full of holes, and toast it on the Point of a Knife; then boil it in Milk till much be consumed; then eat the Milk with the Nutmeg powdered in it, in a few times it will stop.

For the Strangury.

TAKE half a pint of Plantane-water, one ounce of white Sugar-candy finely powdered, two spoonfuls of Sallet-Oil, and the Juice of a Lemon; beat all these together very well, and drink it off.

For a Drought in a Fever.

TAKE of Sal-prunella one ounce, and dissolve it in Spring-water, and put as much Sugar to it as will sweeten it; simmer it over the Fire till 'tis a Syrup, and put some into Posset-Drink, and take it two or three times a day, or when very thirsty.

A Plaiſter for an Ague.

TAKE right *Venice* Turpentine, and mix with it the Powder of white Hellebore-roots, till 'tis ſtiff enough to ſpread on Leather. It muſt be laid all over the Wriſt, and over the Ball of the Thumb ſix hours before the Fit comes.

For a Chin-Cough.

TAKE a ſpoonful of Woodlice and bruiſe them, and mix them with Breaſt-milk, and take them three or four Mornings according as you find Benefit. It will cure; but ſome muſt take it longer than others.

To take off Blackneſs by a Fall.

RUB it well with a cold Tallow-Candle as ſoon as 'tis bruiſed, and this will take off the Blackneſs.

To break a Boil.

TAKE the yolk of a new-laid Egg, ſome Honey and Wheat-flower, and mix it well together and ſpread it on a Rag, and lay it on cold.

A Poultice for a hard Swelling.

BOIL the fineſt Wheat-flour in Cream till 'tis pretty thick, then take it off and put in Mallows chopt, ſtir it and apply it as hot as can be endured; dreſs it twice a day, and make freſh every time.

To ſtay Vomiting.

TAKE Aſh-leaves and boil them in Vinegar and Water, and apply them hot to the Stomach; do this often.

A Poultice for a ſore Breaſt, Leg or Arm.

BOIL Wheat-flour in ſtrong Ale very well, and pretty thick, then take it off and ſcrape in ſome Boars-greaſe; let it not boil after the Greaſe is in; ſtir it well, and apply it hot.

A Salve for a Blaſt, Burn or Scald.

TAKE *May* Butter freſh out of the Churn, neither waſh'd nor ſalted, and put into it a good quantity of the green inner rind of Elder, and put it in a Pipkin, and ſet that in a Pot of boiling Water; let it infuſe a Day or two, then ſtrain it out, and keep it in a Pot for uſe.

For ſpitting Blood.

TAKE of Cinnabar of Antimony one Ounce, and mix it with two ounces of Conſerve of red Roſes, and take as much as a Nutmeg Night and Morning.

To know if a Child has Worms or not.

TAKE a piece of white Leather and peck it full of holes with your Knife, and rub it with Wormwood, and ſpread Honey on it, and ſtrow the Powder of Aloes Socatrina on it; lay

it on the Child's Navel when he goes to Bed, and if he has Worms, the Plaiſter will ſtick faſt, and if he have not it will fall.

To ſtop Vomiting.

TAKE half a Pint of Mint-water, one ounce of Syrup of Violets, a quarter of an ounce of Mithridate, and half an ounce of Syrup of Roſes; mix theſe well together, and let the Party take two Spoonfuls firſt, and then one Spoonful after every Vomiting till 'tis ſtay'd.

To Cure the Tooth-ach.

LET the Party that is troubled with the Tooth-ach lie on the contrary ſide, and drop three drops of the Juice of Rue into the Ear on that ſide the Tooth acheth, and let it remain an Hour or two and it will remove the Pain. If a Needle is run thro' a Wood-Louſe, and immediately touch the aching Tooth with that Needle, it will ceaſe to ach.

A rare Mouth-Water.

TAKE Roſemary, Rue, Celandine, Plantane, Bramble-leaves, Woodbine-leaves, and Sage, of each one handful; beat them and ſteep them in a Quart of the beſt White-wine Vinegar two Days and Nights, then preſs it well and ſtrain it, and put to it ſix ounces of Alum, and as much Honey, and boil them a little together ſoftly till the Alum is conſumed; when 'tis cold keep it for uſe.

To Cure a Cancer.

TAKE a Dram of the Powder of Crabs-Claws finely ſearc'd and made into a Paſte with damask Roſe-water, and dry'd in Pellets of Lozenges; powder the Lozenges as you uſe them, and drink the Powder in Whey every Morning faſting. If there be a Sore, and it is raw, anoint it with a Salve made of Dock-roots and freſh Butter, make a Seaton or Iſſue in the Neck; keep a low Diet, keep from any thing that is ſalt, ſour or ſtrong.

To Cure the Joint-Evil.

TAKE good ſtore of Elder-leaves, and diſtil them in a cold ſtill; let the Perſon drink every Morning and Evening half a Pint of this Water, and waſh the Sores with it Morning and Evening, firſt warming it a little, and lay freſh Elder-leaves on the Sores, and in a little time you will find they will dry up: but be ſure to follow it exactly, it has cured when all other Remedies have failed.

For the Green-Sickneſs.

TAKE Centaury the Leſs, and Wormwood and Roſemary-flowers of each one handful, Gentian-root one Dram, Coriander-ſeeds two Drams; boil theſe in a quart of Water, ſweeten it with Syrup of Steel, and take four or five Spoonfuls in the Morning, and as much in the Afternoon.

To take off Freckles.

TAKE Bean-flower Water, or Elder-flower Water, or *May* Dew gathered from Corn, of either the quantity of four Spoonfuls, and add to it

one Spoonful of Oil of Tartar very new drawn; mix it well together, and often waſh the Face with it: let it dry on.

To make Pomatum.

TAKE almoſt a Dram of white Wax, two Drams of Sperma-Cete, one Ounce of Oil of bitter Almonds, ſlice your Wax very thin, and put it in a Gallipot, and put the Pot in a Skillet of boiling Water: when the Wax is melted, put in your Sperma-Cete, and juſt ſtir it together; then put in the Oil of Almonds; after that take it off the Fire, and out of the Skillet, and ſtir it till cold with a Bone Knife; then beat it up in Roſe-water till 'tis white, keep it in Water, and change the Water once a Day,

A Salve for a Sprain.

TAKE a quarter of a Pound of Virgin's-Wax, a quarter of a pound of Frankincenſe, half a pound of Burgamy-pitch, melt them well together, ſtirring them all the while till they are melted, then give them a good boil, and ſtrain them into Water; work it well into Rolls, and keep it for uſe: the more 'tis work'd the better 'tis. Spread it on Leather.

A rare green Oil for Aches and Bruiſes.

TAKE a Pottle of Oil of Olives, and put it into a Stone Pot of a Gallon with a narrow Mouth, then take Southernwood, Wormwood, Sage, and Camomile, of each 4 handfuls, a quarter of a Peck of red Roſe-buds, the white cut from them; ſhred

ſhred them together groſly, and put them into the Oil, and once a Day for 9 or 10 Days ſtir them well, and when the Lavender-ſpike is ripe, put 4 handfuls of the Tops in, and let it ſtand 3 or 4 Days longer, and covered very cloſe; then boil them an Hour upon a ſlow Fire, ſtirring it often; then put to it a quarter of a Pint of the ſtrongeſt Aqua-Vitæ, and let it boil an Hour more; then ſtrain it thro' a coarſe Cloth, and let it ſtand till 'tis cold, and keep it in Glaſſes for uſe; warm a little in a Spoon or Saucer, and bathe the part affected.

To take out Spots of the Small-Pox.

TAKE half an ounce of Oil of Tartar, and as much Oil of bitter Almonds, mix it together, and with a fine Rag daub it often on the Face and Hands before the Air has penetrated into the Skin or Fleſh.

For the Cholick.

TAKE a Dram and half of Dr. *Holland*'s Powder, and mix it in a little Sack, and take it and drink a Glaſs of Sack after it. It gives preſent eaſe.

For the Scurvy.

TAKE a pound of Guaiacum-Bark, and half a pound of Saſſafras, and a quarter of a pound of Liquoriſh; boil all theſe in 3 quarts of Water till it comes to 3 Pints, and when 'tis cold, put it in a Veſſel with 2 Gallons of Ale; in 3 or 4 Days 'tis fit to drink; and drink no other Drink for 6 or 12 Months, according to the Violence of the Diſtemper. It will certainly cure.

For

For the Jaundice.

TAKE ſome Tares (ſuch as you feed Pigeons with) and dry them in an Oven, and beat them to Powder, and ſift them, and take a Spoonful of that Powder in a Morning faſting, and drink half a Pint of White Wine after it; and do this for 3 Mornings together, and it will cure tho' very far gone.

For Corns on the Feet.

TAKE the Yeaſt of Beer (not of Ale) and ſpread it on a linen Rag, and apply it to the part affected; renew it once a Day for three or four Weeks. It will cure.

For Chill-Blains.

ROAST a Turnip ſoft, beat it to maſh, and apply it as hot as can be endured to the part affected. Let it lie on two or three Days, and repeat it two or three times.

To ſtop Bleeding inwardly.

TAKE two Drams of Henbane-ſeed, and the like of white Poppy-ſeed, beat them up with Conſerve of Roſes, and give the quantity of a Nutmeg at a time; or take twelve handfuls of Plantane-leaves, and ſix ounces of freſh Comfry-roots; beat theſe and ſtrain out the Juice, and add to it ſome fine Sugar, and drink it off.

To ſtop Vomiting.

TAKE a large Nutmeg, grate away half of it, and then toaſt the flat ſide till the Oil ouze out; then clap it to the Pit of the Stomach. Let it lie ſo long as 'tis warm, repeat it often till cured.

To kill a Tetter.

TAKE Flower of Brimſtone, Ginger and burnt Allum, a like quantity; mix it with freſh Butter unſalted, anoint as hot as can be endur'd at Bed-time, in the Morning waſh it off with Celandine-water heated; while this is continued, the Party muſt ſometimes take Cordials to keep the Humour from going inward.

An Ointment for a Blaſt.

TAKE Velvet-leaves and wipe them clean, and chop them ſmall, and put them to unſalted Butter out of the Churn, and boil them gently till the goodneſs is out of the Leaves, then ſtrain it into a Gallipot, and keep it for uſe. Lay Velvet Leaves over the part after 'tis anointed.

A Poultice to ripen Tumours.

TAKE half a pound of Figs, two ounces of white Lilly-roots, two ounces of Bean-flower or Meal; boil theſe in Water till it comes to a Poultice; ſpread it thick on a Cloth, apply it warm and ſhift it as often as it grows dry.

For the Teeth.

TAKE a Pint of Spring-water, put to it six Spoonfuls of the best Brandy, wash the Mouth often with it, and in a Morning roll a bit of Allum a little while in the Mouth.

For a Drought in a Fever.

MAKE Barley-water, sweeten it with Syrup of Violets, and tincture it with Spirit of Vitriol; let them drink sometimes of this; put Sal-prunella in Beer or Posset-drink, and sometimes drink of that, and if they are sick or faint, give a Spoonful of Cordial in a Dish of Tea.

A Powder that has restored Sight when almost lost.

TAKE of Betony, Celandine, Saxafrage, Eye-bright, Penny-royal and Levisticum, of each one handful; of Aniseeds and Cinnamon of each half an ounce; take also of Grains of Paradice, Ginger, Hyssop, Parsley, Origany, Osier of the Mountain, of each one Dram; Galengal and Sugar, of each one Ounce: make all into a fine Powder, and eat of it every Day with your Meat such a quantity as you us'd to eat of Salt, and instead of Salt; Osier, you must have that at the Physick Garden.

For a Cough settled on the Stomach.

TAKE half a pound of Figs sliced, Raisins of the Sun stoned as many, and a stick of Liquorish scraped and sliced; a few Aniseeds and some Hyssop

Hyſop waſh'd clean : Put all theſe in a quart of Spring-water ; boil it till it comes to a pint ; then ſtrain it, and ſweeten it with white Sugar-candy. Take two or three Spoonfuls of it Morning and Night, and when the Cough troubles you.

To Cure a Dropſy.

TAKE of Horſe-radiſh Roots, ſliced the long way as thin as you can, two ounces ; ſweet Fennel-roots ſliced, two ounces ; ſweet Fennel-ſeeds beaten, two ounces ; the tops of Thyme, Winter-ſavory, ſweet Marjoram, Water-creſſes and Nettle-tops, of each one handful, wiped and ſhred ſmall. Boil theſe in three pints of Spring-water, a quart of Sack, and a pint of White-wine ; cover it cloſe, and let it boil till half be conſumed ; then take it off the Fire, and let it ſtand to ſettle three hours ; then ſtrain it out, and to every Draught put in one ounce of the Syrup of the five Roots, which you may have ready made at an Apothecary's ; take this in the Morning faſting, and at three a Clock in the Afternoon, and faſt three hours after it. If the Party have the Scurvy, (which uſually goes with the Dropſy) then add a ſpoonful of the Juice of Scurvygraſs to each Draught.

For ſtuffing in the Lungs.

TAKE white Sugar-candy, powder'd and ſifted, two ounces ; *China*-roots, powder'd and ſifted, one ounce ; Flower of Brimſtone, one ounce. Mix theſe with Conſerve of Roſes, or the Pap of an Apple ; and take the bigneſs of a Walnut in the Morning, faſting an hour after it ; and the laſt at Night, an hour after you have eaten or drank.

To cure ſpitting of Blood, if a Vein is broken.

TAKE Mice-dung beaten to Powder, as much as will lie on a Six-pence; and put it in a quarter of a pint of the Juice of Plantane, with a little Sugar: Give it in the Morning faſting, and at Night going to Bed. Continue this ſome time, and it will make whole, and cure.

To give eaſe in a violent Fit of the Stone.

TAKE a quart of Milk, and two handfuls of dry'd Sage, a pennyworth of Hempſeed, one ounce of white Sugar-candy: Boil all theſe together a quarter of an hour, and then put in half a pint of Rheniſh-wine. When the Curd is taken off, with the Ingredients, put it in a Bag, and apply it to the grieved part; and of the Liquor drink a good Glaſs full. Let both be as hot as can be endured. If there is not Eaſe the firſt time, warm it again, and uſe it: It ſeldom fails.

For the Strangury.

TAKE three ſpoonfuls of the Juice of Camomile, in a ſmall Glaſs of white Wine, thrice a day, for three days together.

To procure eaſy Labour.

TAKE half a pound of Figs, half a pound of Raiſins of the Sun, ſtoned; 4 ounces of Liquoriſh, ſcraped and ſliced; one ſpoonful of Anniſeeds

ſeeds bruiſed; boil all theſe in 2 quarts of Spring Water till one Pint is waſted; then ſtrain it out, and drink a quarter of a Pint of it Morning and Evening 6 Weeks before the time.

To procure ſpeedy Delivery when the Throws are gone.

TAKE half a Dram of Borax powdered, and mixed with a glaſs of White-wine, ſome Sugar, and a little Cinnamon-water; if it does no good the firſt time, try it again two Hours after, ſo likewiſe the third time.

To bring the After-Birth.

GIVE 30 or 35 drops of Oil of Juniper in a good Glaſs of Sack.

To prevent After-Pains.

TAKE half an ounce of large Nutmegs and toaſt them before the Fire, and 1 ounce of the beſt Cinnamon, and beat them together; then mix with it the Whites of two Eggs, beating it together in a Porringer, and take every Morning in Bed as much as will lie on the point of a Knife, and ſo at Night; and drink after it the following Caudle.

Take a quarter of a pint of *Alicant* Wine or Tent, a quarter of a pint of red Roſe-water, and a quarter of a pint of Plantane-water; mingle all three together, and beat 3 new-laid Eggs, Yolks and Whites, and make a Caudle of them; put into it 2 ounces of double-refin'd Sugar, a quarter of an ounce of Cinnamon; you muſt boil the Cinnamon in the Wine and Water before the Eggs are in; and

and after all is mixed, put to it half a Dram of the Powder of Knotgraſs; take of this 6 ſpoonfuls Morning and Evening after the Electuary.

Another for the ſame.

TAKE a ſmall quantity of Bole-Armoniac, and boil it in new Milk. Let the Party drink of it Morning and Evening, if it be either a Woman with Child, or in Child-bed.

Take alſo ſome Hog's-dung, and wrap it in a fine linnen Rag, warm it well, and put it to the lower part of the Belly, and it will ſtop immediately.

To ſtop Floodings.

TAKE the White of an Egg, and beat it well with 4 or 5 ſpoonfuls of red Roſe-water, and drink it off Morning and Night 9 Mornings together; it has cured when all other things have failed.

Let the Party often take Iſing-glaſs boiled or diſſolved in warm new Milk, a Pint at a time.

A Plaiſter for a Weakneſs in the Back.

TAKE Plantane, Comfry, Knotgraſs, Shepherds-purſe, of each one handful; ſtamp them ſmall, and boil them in a pound of Oil of Roſes, and a little Vinegar; when 'tis well boil'd ſtrain it, and ſet it on the Fire again, and put into it four ounces of Wax, one ounce of Chalk, Bole-Armoniac one ounce, and Terra-ſigillata one ounce; boil all well, keeping it ſtill ſtirring, then cool it, and make it into Rolls, and keep it for uſe; ſpread it on Leather when you lay it to the Back.

A

A Drink for the ſame.

TAKE 4 Roots of Comfry and of Knot-graſs, and Clary one handful, a ſprig of Roſemary, a little Galangal, a good quantity of Cinnamon and Nutmeg ſliced, the Pith of a Chine of an Ox. Stamp and boil all theſe in a quart of Muſcadine, then ſtrain it, and put in 6 Yolks of Eggs; ſweeten the Caudle to your Taſte with double-refined Sugar, and drink a good Draught Morning and Evening. Take of Crocus Martis and Conſerve of red Roſes mixed together 3 or 4 times a day.

For a Flux.

TAKE a Pint of new Milk, and diſſolve in it half a quarter of a pound of Loaf-Sugar, as much Mithridate as the bigneſs of a Walnut; give this for a Gliſter moderately warm; repeat it once or twice if there be occaſion.

For the falling down of the Fundament.

TAKE Ginger and ſlice it, and put it in a little Pan, heat it by clear well kindled Coals, and put it in a Cloſeſtool. Let the Party ſit over it, and receive the Fume; caſt in the Ginger by little and little, and keep warm.

To increaſe Milk in Nurſes.

MAKE Gruel with Lentils, and let the Party drink freely of it; or elſe boil them in Poſſet-drink, which they like beſt.

A good Purge.

INFUSE an ounce of Sena in a Pint of Water till half be conſumed; when 'tis cold, add to it one ounce of Syrup of Roſes, and one ounce of Syrup of Buckthorn; mix them well together. This quantity makes two ſtrong Purges for either Man or Woman, and 4 for a Child.

To prevent Miſcarrying.

TAKE of Dragons-Blood the weight of a Silver Two-pence, and a Dram of red Coral, the weight of two Barley-corns of Ambergreaſe, the weight of 3 Barley-corns of *Eaſt-India* Bezoar; make all theſe into a very fine Powder, and mix them well together, and keep them cloſe in a Box; and if you are frighted, or need it, take as much at a time as will lie on a Penny, and keep very ſtill and quiet. Take it in a Caudle made with Muſcadine or Tent, and the ſhucks of Almonds dry'd and beaten to Powder, and thicken it with Yolks of Eggs. Take it in a Morning faſting, and at Night going to Bed: this do till you are out of Danger, and lay the following Plaiſter to the Back.

Take *Venice* Turpentine, and mix with it Bole-Armoniac, and ſpread it on black-brown Paper the length and breadth of a hand, and lay it to the Small of the Back, keeping Bed.

For the Green-Sickneſs.

TAKE an ounce of the Filings of Steel, or ruſty Iron beaten to Powder, and mix it with two ounces of the flower of Brimſtone; then mix it up into an Electuary with Treacle; the Party muſt take the quantity of a Nutmeg in the Morning faſting,

ing, and at 4 in the Afternoon, and continue it till cured.

To procure a good Colour.

TAKE Germander, Rue, Fumitory, of each a good handful, one Pennyworth of Saffron tied up in a Rag, half a pound of blue Currants bruiſed; ſtamp the Herbs, and infuſe all theſe Ingredients in 3 Pints of Sack over a gentle Fire till half be conſumed; drink a quarter of a Pint Morning and Evening, and walk after it; repeat this quantity once or twice.

You may add a ſpoonful of the following Syrup to every Draught. Take 3 ounces of the Filings of Steel, and put it in a glaſs Bottle with a Dram of Mace and as much Cinnamon, pour on them a quart of the beſt White-wine, ſtop it up cloſe, and let it ſtand 14 Days, ſhaking the Bottle every Day; then ſtrain it out into another Bottle, and put 2 pound of fine Loaf-Sugar to it finely beaten; let it ſtand till the Sugar is diſſolved without ſtirring it; then clear it into another Bottle, and keep it for uſe.

A bitter Draught.

TAKE of the Leaves of Roman-Wormwood, the tops of Centaury and St. *John's-wort*, of each a ſmall handful, Roots of Gentian ſliced 2 Drams, Caraway-ſeeds half an ounce; infuſe theſe in half a Pint of Rheniſh, and three Pints of White-wine for 4 or 5 Days; take a quarter of a Pint in a Morning, filling up the Bottle, and it will ſerve 2 or 3 Months.

For the Piles.

TAKE calcin'd Oyſter-ſhells, mix it with Honey, and anoint the Part tenderly Night and Morning.

Another for the ſame.

TAKE a Sheet of Lead, and have a piece of Lead made like a Slickſtone; then between them two grind white Lead and Sallet-Oil till 'tis very fine, put it in a Gallipot for uſe. If the Piles are inward, cut a piece of old Tallow-Candle and dip it in this Ointment, and put it up; if outward, put ſome on a fine Rag, and put it to them.

For the Hemorrhoides inflamed.

LET the Party dip their Finger in Balſam of Sulphur made with Oil of Turpentine, and anoint the Place 2 or 3 times a day.

For Coſtiveneſs.

TAKE Virgin-Honey a quarter of a pound, and mix with it as much Cream of Tartar as will bring it to a pretty thick Electuary, of which take the bigneſs of a Walnut when you pleaſe; and for your Breakfaſt eat Watergruel with common Mallows boiled in it, and a good piece of Butter; the Mallows muſt be chopt ſmall, and eaten with the Gruel.

To raiſe a Bliſter.

THE Seeds of Clemmatis Peregrina being bound hard on any Place, will in an hour or two raiſe a Bliſter, which you muſt cut and dreſs with Melilot

Melilot Plaiſter, or Colewort Leaves, as other Bliſters.

Likewiſe Leaven mix'd with a little Verjuice, and about half a Pennyworth of Cantharides Flies, and ſpread on Leather the bigneſs you pleaſe, will in 9 or 10 hours raiſe a Bliſter, which dreſs as uſual.

Plaiſter for the Feet in a Fever.

TAKE of Briony-Roots one pound, tops of Rue a handful, black Soap 4 ounces, and Bay-Salt 2 ounces; beat all theſe in a Maſh, and out of this ſpread on a Cloth for both Feet, apply it warm, and ſew Cloths over them, and let them lie 12 hours; if there be occaſion, renew them 3 times.

A Drink for a Fever.

TAKE a quart of Spring-water, and boil in it an ounce of burnt Harts-horn, a Nutmeg quartered, a ſtick of Cinnamon; let it boil a quarter of an hour; when 'tis cold ſweeten it to your Taſte with Syrup of Lemons or fine Sugar, with as many Drops of Spirit of Vitriol as will juſt ſharpen it. Drink of this when you pleaſe.

A Vomit.

TAKE 7 or 8 Daffodil-Roots, and boil them in a Pint of Poſſet-drink, and in the working drink Carduus-Water a Gallon or more; your Poſſet muſt be cold when you drink it, and your Carduus-Tea muſt be Blood-warm: if it works too much, put ſome Salt in a diſh of Poſſet, and drink it off.

For the Hickup.

TAKE 3 or 4 preſerved Damſins in your Mouth at a time, and ſwallow them by degrees.

For the Cramp.

TAKE of Roſemary-leaves and chop them very ſmall, and ſew them in fine Linen, and make into Garters, and wear them Night and Day; lay a Down-pillow on your Legs in the Night.

For Weakneſs in the Hands after a Palſy.

TAKE of the tops of Roſemary, bruiſe it and make it up into a Ball as big as a great Walnut, and let the Party roll it up and down in their Hand very often, and graſp it in the Hand till 'tis hot: do this very often.

For an old Ache or Strain.

TAKE an ounce of Lucatellus's-Balſam, and mix it with 2 Drams of Oil of Turpentine, gently heat it, anoint the Place, and put new Flannel on it.

For the Jaundice.

TAKE half an ounce of Rhubarb made into Powder, and beat it well with two handfuls of good Currants well cleaned; and of this Electuary take every Morning a piece as big as a Nutmeg for 14 or 15 Mornings together, or longer if need require.

For the Cholick.

TAKE half a pint of Dr. *Stevens*'s Water, as much Plague-water, as much Juniper-berry-water, and an ounce of powder of Rhubarb: ſhake the Bottle, and take 4 or 5 ſpoonfuls at a time, when the Fit is on you, or likely to come.

For a Burn.

MIX Lime-water with Linſeed-oil; beat it together, and with a Feather anoint the Place, and put on a Plaiſter to defend it.

To cure a Place that is ſcalded.

TAKE Linſeed-oil, and put to it as much thick Cream; beat them together very well, and keep it for uſe. Anoint the Place that is ſcalded twice a day, and it will cure it. Put on it ſoft Rags; and let nothing preſs on it.

The bitter Draught.

TAKE of Gentian-root, three drams; of Camomile-flowers, one ounce; of Roſemary-flowers, one ounce; of tops of Centaury, tops of Roman Wormwood, tops of Carduus, of each one handful. Boil all theſe in two quarts of Spring-water, till it comes to a quart. You may add a pint of White Wine to it. Strain it out; and when 'tis cold, bottle it. Drink a quarter of a pint in the Morning, and as much at four a Clock in the Afternoon.

To draw out a Thorn.

TAKE the Roots of Comfry, and bruiſe them in a Mortar with a little Boar's-greaſe, and uſe this as a Plaiſter.

For a ſcald Head.

TAKE three ſpoonfuls of Juice of Comfry, two Pennyworth of Verdegreaſe, and half a pound of Hogs Lard: Melt it together, but let it not boil. Cut off the hair; and anoint the place: It will cure it.

For the Falling-ſickneſs.

TAKE the After-birth of a Woman, and dry it to powder, and drink half an ounce thereof in a glaſs of White-wine for ſix Mornings together. If the Patient be a Man, it muſt be the After-birth of a female Child; if a Woman, the contrary.

For the Trembling at the Heart.

MAKE a Syrup of Damask Roſes, and add thereto a ſmall quantity of red Coral, Pearl, and Amber-greaſe, all finely beaten and powder'd: Take of this ſo long as your Pain continues, about a ſpoonful at a time.

For a Pleuriſy, if the Perſon cannot be blooded.

TAKE of Carduus, the Seeds or Leaves, a large handful; boil them in a pint of Beer, till half is conſumed; then ſtrain it, and give it the Party warm. They muſt be faſting when they take it;

it, and faſt ſix hours after it, or it will do them harm.

To draw a Rheum from the Eyes.

ROAST an Egg hard, then cut out the yolk, and take a ſpoonful of Cummin-ſeed, and a handful of Bears-foot; bruiſe them and put them into the white of the Egg, ſo lay it hot on to the Nape of the Neck; bind it on with a Cloth, and let it lie 24 hours, ſo lay on freſh again. It will cure in a little time.

To clear the Eyes.

TAKE the white of Hens-Dung, dry it very well, and beat it to powder; ſift it and blow it into the Eyes when the Party goes to bed.

For a Pin or Web in the Eye.

TAKE the Gall of a Hare and Honey, of each a like quantity; mix them together, and take a Feather and put a little into the Eye, and it will cure it in two or three days.

If a Hair or Fiſh-Bone ſtick in the Throat, immediately ſwallow the yolk of a raw Egg, it is a very good thing.

To cure the yellow or black Jaundice.

TAKE a quart of White-wine, a large red Dock-root, a Burr-root, that which bears the ſmall Burr, two pennyworth of Turmerick, a little Saffron, a little of the white of Gooſe-Dung that feeds on the Green; boil all theſe together a little while; then let it run thro' a Strainer; drink it Morning and Evening three days.

A Plaiſter for the Sciatica.

TAKE of yellow Wax a pound, the Juice of Marjoram and red Sage, of each ſix ſpoonfuls, Juice of Onions two ſpoonfuls; let all theſe boil together till the Juice is conſumed, and when 'tis half cold, put in two ounces of Turpentine, and of Nutmegs, Cloves, Mace, Anniſeeds, and Frankincenſe, of each one pennyworth finely powdered; ſtir it well together and make a Plaiſter.

A Salve for the King's Evil.

TAKE a Burdock-root, and a white Lilly-root; waſh, dry, and ſcrape them; wrap them in brown Paper, and roaſt them in the Embers; when they are ſoft take them out, and cut out the burn or hard, and beat them in a Mortar with Boar's-greaſe and Bean-flower: when 'tis almoſt enough put in as much of the beſt Turpentine as will make it ſmell of it, then put it in a Pot for uſe.

The Party muſt take inwardly two ſpoonfuls of Lime-water in the Morning, and faſt two hours after it, and do the ſame at Four a Clock in the Afternoon. If there be any Swelling of the Evil, they muſt bathe it with this Water a quarter of an hour together, a little warmed, and wet a Cloth and bind it on the Place; but if the Skin be broken, only waſh it in the Water, and ſpread a thin Plaiſter of the Salve and lay on it; ſhift it once a day; if very bad, you muſt dreſs it twice a day.

To make the Lime-Water. Take a Limeſtone as big as a Man's Head, it muſt be well burned; put it into ſix quarts of boiling Water, cover it cloſe, but ſometimes ſtir it; the next day when 'tis

ſettled

ſettled pour off the clear Water, and keep it in Bottles for uſe.

To cure Burſtenneſs.

TAKE Hemlock, and bruiſe it a little, heat it pretty well, and apply it twice a day, without any Truſs, and keep the Party as ſtill as may be. This has cured when many other Things have failed.

A Powder for Burſtenneſs.

TAKE a good quantity of wild Muſk, Roots and all, pick, waſh, and dry them; then take of Currant-Leaves, Vine-Leaves and Strings, an equal quantity; then take almoſt a quart of Hemp-ſeeds: you muſt lay the Seeds at the bottom of a Pot, and the Leaves and Roots on the top; then put it into an Oven, dry them, rub them to powder, and ſift them together. The Party muſt take as much of this Powder as will lie on a Six-pence, in a little Ale, in the Morning, and at Four in the Afternoon, and continue it five or ſix Weeks: the Powder ſhould be made in *May* if poſſible.

For the Chin-Cough.

TAKE a ſpoonful of the Juice of Penny-royal, mix'd with Sugar-candy beaten to powder: take this for nine Mornings together.

To cure the Itch without Sulphur.

TAKE a handful of Elecampane-root, and as much ſharp-pointed Dock; ſhred them ſmall and boil them in two quarts of Spring-water, till

till it comes to a Pint; ſtrain the Liquor, and with it let the Party waſh his Hands or Face two or three times a day.

For the Itch.

TAKE of Cammomile and Velvet Leaves, Scurvy-graſs, and Capons Feather, of each one handful; boil theſe in half a pound of Butter out of the Churn till 'tis an Ointment, then ſtrain it out, and mix with it half an ounce of black Pepper beaten fine; ſtir it in till 'tis cold, and anoint the Party with it all over: keep on the ſame Linnen for a Week; then waſh with warm Water and ſweet Herbs, and put on clean Linnen. Before you begin to uſe this, you muſt take Brimſtone and Milk for three Mornings: keep warm and purge well after 'tis over.

For the Scurvy or Dropſy.

STAMP and ſtrain the Juice of the Leaves of Elder, and to a quarter of a pint of Juice put ſo much White-wine; warm it a little and drink it off, and do thus for four or five Mornings together: if it purge you it will certainly do good. Take this in the Spring.

For a Looſeneſs.

BOIL a good handful of Bramble-Leaves in Milk, ſweeten'd with Loaf-Sugar; drink it Night and Morning.

For an Ague.

GIVE as much *Virginia* Snake-root dry'd and powdered as will lie on a Shilling, in a Glaſs of Sherry or Sack, juſt before the cold Fit begins: uſe this two or three times till the Ague is gone.

For an Ague.

TAKE an ounce and half of the beſt refin'd Aloes, and ſteep it in a quart of Brandy; infuſe it 48 hours, and take four ſpoonfuls juſt before the Fit comes.

For an Ague.

TAKE a pint of red Roſe-water, and put to it an ounce of white Sugar-candy, and the Juice of three Sevil Oranges; mix all together, and drink it off an hour before you expect the Fit. It cures at once or twice taking.

An Ointment for a Burning or Scald.

TAKE a pound of Hog's-Lard, and two good handfuls of Sheep's-Dung, and a good handful of the Green Bark of the Elder, the Brown Bark being firſt taken off; boil all theſe to an Ointment. You muſt firſt take out the Fire with Sallet-Oil, and a bit of an Onion, and the white of an Egg beaten well together; then anoint with the Ointment, and in leſs than a Week it will be well.

A Cerecloth.

TAKE 3 pound of Oil-olive, and half a pound of red Lead, and half a pound of white Lead, both powder'd and ſifted; then take 3 ounces of Virgin's-Wax, 2 ounces of *Spaniſh* Soap, and 2 ounces of Deer's-Suet; put all theſe Things into a braſs Kettle, ſetting it over the Fire, ſtirring it continually till it comes to the height of a Salve, which you may know by dropping a little on a Trencher, and if it neither hangs to the Trencher nor your Fingers it is enough: then dip your Cloths in, and when you take them out, throw them into a Pail of Water, and as they cool take them out and lay them on a Table, and clap them, and when you have done roll them up, with Papers between, and keep them for uſe; they muſt be kept pretty cool. This Cerecloth is good for any Pain, Swelling, or Bruiſe.

The yellow Balſam.

TAKE 8 ounces of Burgamy-Pitch, 3 ounces and half of yellow Bees-Wax ſliced, 1 pound of Deer's-Suet, 1 ounce of *Venice*-Turpentine, beaten up in Plantane-water, half a pint of red Roſes, a quarter of a pint of Vinegar of red Roſes, 24 Cloves of Garlick, and of Salt-petre dry'd before the Fire half the quantity of a Nutmeg; bruiſe the Garlick in a Stone Mortar, and ſet the Oil, Vinegar, and Garlick, in an earthen Pipkin over the Fire; let them boil gently half an hour; then put in the Pitch and Wax, and when that is melted, put in the Suet, and 1 ounce of Palm-Oil; then let it boil a quarter of an hour longer; then take it off the Fire, and put in the Turpentine and Salt-petre: ſet it over the Fire again for a little

little while; then take it off, and let it ſtand to cool, then pour it gently into your Gallypots; be ſure you put in no Dregs; the Vinegar will fall to the bottom; tye the Gallypots down with Leather. 'Tis an excellent Salve for ſore Legs, Boils, Whitlows, ſore Breaſts, and may ſafely be uſed to draw Corruption out of any Sore; put a little of it on Lint, and put a Plaiſter of the following black Salve over it.

The black Salve.

TAKE a pint of Oil of Olives, 3 quarters of a pound of yellow Wax, 2 ounces of Frankincenſe finely beaten and ſearced, 2 ounces of the beſt Maſtich, 2 ounces of Olibanum, 2 ounces of Myrrh, half a pound of white Lead finely ground, and 2 Drams of Camphire: Boil theſe till they are black; then let it ſtand a little; oil a Board, and pour it on, and oil your Hand, and make it up in Rolls for uſe.

A calcin'd Water to dry up Ulcers and old Sores.

TAKE of the beſt Roman-Vitriol 3 ounces, Camphire 1 ounce; beat them into fine Powder, put them into the bottom of a Crucible, and fix it in hot Embers; cover it with white Paper 4 double, and put a little Tile on it: Let it be well calcined, but not too much; when 'tis cold beat it into fine Powder, and ſift it; then add to it 3 ounces of Bole-Armoniac, beaten and ſifted: mix all together, and to half an ounce of this Powder put a quart of Spring or Plantane-water: Boil the Water, and when 'tis blood-warm put in your half ounce of Powder, and ſtir it together in a Pew-

a Pewter Baſon, till 'tis quite cold, then put it in a Bottle for uſe. When you uſe it, ſhake the Bottle, and pour ſome out and uſe it as hot as can be endured, either by a Syringe, or waſhing the Place twice or thrice a day, and uſe the following Plaiſter or Salve.

The Leaden Plaiſter.

TAKE of white Lead three ounces, of red Lead ſeven ounces, of Bole-Armoniac nine ounces; beat all into fine Powder, and put to them a pint of the beſt Oil-olive, incorporate them over the Fire, and let them boil gently half an hour, putting in one ounce of Oil of Exceter; ſtir it continually, and when 'tis enough, make it up in Rolls. This is a drying Plaiſter.

A Salve for a Burn or Scald.

TAKE one pound of Mutton-Suet ſhred ſmall; melt it, and put into it Thyme, Sweet-marjoram, Melilote, Penny-royal and Hyſop, of each a good handful chopp'd ſmall, and let it ſtand together four days; then heat it and ſtrain it out, and put in the ſame quantity of Herbs again, and let it ſtand four days longer; then heat it and ſtrain it out, and to that Liquor put five pound of white Roſin, and two pound of Bees-Wax ſliced, and boil it up to a Salve; and when 'tis cold enough, oil a Board, pour it on it, and make it up in Rolls: This is an admirable Salve when the Fire is taken out. You muſt take out the Fire with Oil, anoint it with Oil with a Feather; then lay on the Plaiſter. 'Tis good for a ſmall Cut, or Iſſue inflamed.

A Green Salve.

TAKE 4 handfuls of Clowns All-heal, ſtamp it and put it in a Pot, and add to it 4 ounces of Boars-Greaſe, half a Pint of Oil-Olive, and Wax three ounces ſliced; boil it till the Juice is conſumed, which is known when the Stuff doth not bubble at all: then ſtrain it and put it on the Fire again, adding 2 Ounces of Venice Turpentine; let it boil a little and put it in Gallipots for uſe. Melt a little in a Spoon, and if the Cut or Wound be deep, dip your Tents in it; if not, dip Lint and put on it, and defend the Place with a Leaden Plaiſter; dreſs it once a day.

For a ſore Breaſt when 'tis broken.

TAKE a quarter of a pound of Raiſins of the Sun ſtoned, and beat them very ſmall; then add to it near as much Honey, and beat it together into a Salve; ſpread it on a Cloth, and make Tents if occaſion. Dreſs it once a day; when 'tis well drawn uſe the yellow Balſam, and black or leaden Plaiſter.

A Poultice for a ſore Breaſt before 'tis broken.

BOIL white Bread and Milk to a Poultice, then put to it Oil of Lillies, and the Yolk of an Egg; ſet it over the Fire again to heat, and apply it as hot as can be endured: Dreſs it Morning and Night till 'tis broke, then dreſs it with the Poultice of Raiſins.

To diſperſe Tumours.

TAKE of yellow Wax, Frankincenſe and Roſin, of each four ounces; melt them together, ſtrain it out, and when 'tis cool make it in a Roll, and keep it for uſe.

To keep a Cancer in the Breaſt from increaſing.

TAKE of Lapis Calaminaris 4 ounces all in one piece and having made it red hot in a Crucible 9 times, quench it every time in a Pint of White Wine; then take 2 Ounces of Lapis Tutty and having burnt that red hot in a Crucible 3 times quench that every time in a Pint of red Roſe-water: Then beat the Tutty and the Calaminaris Stone together in a Mortar very fine, and put it in a glaſs Bottle, and put the Roſe-water and white Wine to it, and ſhake it three or four times a Day for nine Days before you begin to uſe it. You muſt keep the Wine and the Roſe-water cloſe covered, when you quench the Stone, that the Steam does not go out. When you uſe it ſhake it well, and dip Rags in it, and lay them to the Breaſt; let the Rags remain on till 'tis dreſs'd again: It muſt be dreſs'd twice a day, Night and Morning. The clear Water is excellent for weak or ſore Eyes.

For a Swelling in the Face.

TAKE a handful of Damask-roſe Leaves, boil them in running Water till they are tender; ſtamp them to a Pulp, and boil white Bread and Milk till 'tis ſoft; then put in your Pulp with a little Hogs Lard, and thicken it with the Yolk of an Egg, and apply it warm.

For

For a ſore Throat.

MAKE a Plaiſter of Paracelſus 4 Inches broad, and ſo long as to come from Ear to Ear, and apply it warm to the Throat; then bruiſe Houſe-leek and preſs out the Juice, add an equal quantity of Honey, and a little burnt Allum; mix all together, and let the Party often take ſome on a liquoriſh ſtick.

A purging Diet-drink.

TAKE of Garden Scurvy-graſs ſix handfuls, Water-Creſſes and Brooklime of each 4 handfuls, Peach-Bloſſoms 4 handfuls, Nettle-tops and Fumitory of each 3 handfuls, Monks-Rhubarb 4 ounces, Sena 4 ounces, *China* 2 ounces, Sarſaparilla 3 ounces, Rhubarb 1 ounce, Coriander and ſweet Fennel-ſeeds of each half an ounce; cut the Herbs, ſlice the Roots, bruiſe the Seeds, put them in a thin Bag, and hang them in 4 Gallons of ſmall Ale; after 3 Days drink a Pint of it every Morning. Be regular in Diet, eat nothing ſalt or ſowre.

Pills to purge the Head.

TAKE of Extract of Rudium 2 Drams, and Pill Fetida one Dram; mix theſe well together, and make it into 12 Pills; take 2, or if the Conſtitution be ſtrong, 3 of them at 6 a-Clock in the Morning: drink warm Gruel, or thin Broth, or Poſſet, when they work.

For a Canker in the Mouth.

TAKE Celandine, Columbine, Sage, and Fennel, of each one handful, ſtamp and ſtrain them, and to the Juice put a Spoonful of Honey, half a Spoonful of burnt Allum, and as much Bole Armoniac beaten fine: mix and beat all theſe together very well, and wrap a little Flax about a Stick, and rub the Canker with it: if it bleeds 'tis the better.

A Water for ſore or weak Eyes.

TAKE of Ground-Ivy, Celandine and Daiſies of each a like quantity ſtampt and ſtrain'd, and add to the Juice a little Sugar and white Roſe-water; ſhake this together, and with a Feather drop it into the Eyes; this takes away all manner of Inflammation, Spots, Itching, Smarting or Web, and is an excellent thing for the Eyes.

A Clyſter for the Worms.

TAKE of Rue, Wormwood, Lavender-Cotton 3 or 4 Sprigs of each, a Spoonful of Aniſeeds bruiſed; boil theſe in a Pint of Milk till the third part be conſumed; then ſtrain it out, and add to it as much Aloes finely powdered as will lie on a Three-pence; ſweeten it with Honey, and give it pretty warm; it ſhould be given 3 Mornings together; and the beſt time is three Days before the new or full Moon.

Lucatellus's *Balsam.*

TAKE of *Venice*-Turpentine one pound, the best Oil 3 Pints, Sack 6 spoonfuls, yellow Wax half a pound, natural Balsam one ounce, Oil of St. *John*'s-wort one ounce, red Sanders well powdered one ounce; cut the Wax in thin Slices, and set it over the Fire in a large Skillet, and when 'tis all melted put in the Turpentine; first wash it 3 several times in red Rose-water, then stir them well together till they boil a little; then take it off from the Fire and let it cool. The next Day take it out of the Skillet and cut it in thin slices, that all the Water may be got out of it; then set it over the Fire again, and when 'tis melted stir it well together; then put in the Oil, and the Oil of St. *John*'s-wort, and the natural Balsam, and the Sack and the Sanders, stirring them all together very well; then let it boil a little while, and take it off the Fire and stir it 2 Hours all one way. When 'tis cold put it in Gallipots and cover them with Leather; it will keep good twenty Years, and the older the better.

A Salve for a Cerecloth, for Bruises or Aches.

TAKE a Pint of Oil, 9 Ounces of red Lead, 2 Ounces of Bees-wax, a Shillings-worth of Sperma Cete, 2 ounces of Rosin beaten and sifted; set all these on a soft Fire in a Bell-skillet, stirring till it boils, and then try it on a Rag, whether it firmly sticks upon it; when it does stick, take it off; and when you have made what Cerecloths you please, pour the rest on an oiled Board, and make it up in Rolls. 'Tis very good for a Cut or green Wound.

An Ointment for a Cold on the Stomach.

TAKE an Ounce and half of the Oil of Valentia-Scabiosa, Oil of Sweet-Almonds a quarter of an ounce, a quarter of an ounce of Man's Fat, and 4 Scruples of the best Oil of Mace; mix these together, and warm a little in a Spoon, and Night and Morning anoint the Stomach. Lay a piece of black or lawn Paper on it.

To make Gascoigne's *Powder.*

TAKE of Powder of Pearl, red Coral, Crab's-Eyes, white Amber, and Hartshorn of each one ounce; beat them to a fine Powder and search them. Then take a Dram of oriental Bezoar, and a Dram of Ambergrease, and mix with the Powders; then take off the black Toes of Crab's Claws beaten to a fine Powder, as much as of all the rest of the Powders, for this is the chief: then mix all well together, and make them up in Balls in Jelly of Hartshorn, and in your Jelly infuse a small quantity of Saffron to give them a Colour; when you have rolled them in Balls as big as a Walnut, lay them on a *China* or Silver Plate to dry; when they are fully dry and hard, paper them up, and keep them for use. The Dose you must give at a time is to a Man or Woman 10 or 12 Grains in Dragon, Carduus, or the Lady *Allen*'s Water; the Party going to Bed and cover'd warm. The Crabs used in this Powder must be caught in *May* or *September*, and they must not be boiled.

A Water to cure red or pimpled Faces.

TAKE a Pint of strong White Wine Vinegar, and put to it Powder of the Roots of Orice 3 Drams, Powder of Brimstone half an ounce, and Camphire 2 Drams, stamp with a few blanch'd Almonds, 4 Oaken Apples cut in the middle, and the Juice of 4 Lemons, and a handful of Bean-flowers; put all these together in a strong double glass Bottle, shake them well together and set it in the Sun for 10 Days; wash the Face with this Water, let it dry on, and don't wipe it off. This cures red or pimpled Faces, Spots, Heat, Morphew, or Sunburn. But you must eat the following Diet for 3 Weeks or a Month.

Take Cucumbers and cut them as small as Herbs to the Pot, boil them in a small Pipkin with a piece of Mutton, and make it into Pottage with Oatmeal: So eat a Mess Morning, Noon and Night without Intermission for 3 Weeks or a Month. This Diet and the Water has cured when nothing else would do.

A good thing to wash the Face in.

TAKE a large piece of Camphire, the quantity of a Goose Egg, and break it so that it may go into a pint Bottle, which fill with Water; when it has stood a Month, put a Spoonful of it in 3 Spoonfuls of Milk, and wash in it.

Wear a piece of Lead beaten exceeding thin for a Forehead-piece under a Forehead-cloth; it keeps the Forehead smooth and plump.

A Plaister for Worms in Children.

TAKE 2 ounces of yellow Wax, and 2 ounces of Rosin, boil them half an Hour, stirring them all the while; scum them well and take it off, and put to it 3 Drams of Aloes, and 2 Spoonfuls of Treacle, and boil it up again; rub a Board with fresh Butter, and pour the Salve thereon, work it well, and make it up in Rolls: when you make the Plaister, sprinkle it with Saffron, and cut a hole against the Navel.

The Stomach Plaister.

TAKE of Burgamy-Pitch, Frankincense and Bees-Wax of each one ounce, melt them together; then put in 1 ounce of *Venice*-Turpentine, and 1 ounce of Oil of Mace; melt it together and spread your Plaister on Sheep's Leather; grate on it some Nutmeg when you lay it on the Stomach.

To make a Quilt for the Stomach.

TAKE a fine Rag 4 Inches square, and spread Cotton thin over it; then take Mint and sweet Marjoram dry'd and rub'd to Powder, and strew it over the Cotton pretty thick; then take Nutmeg, Cloves and Mace, of each a quarter of an Ounce beaten and sifted, and strew that over the Herbs, and on that strew half an Ounce of Gallengal finely powdered, then a thin row of Cotton, and another fine Rag, and quilt it together. When you lay it on the Stomach, dip it in hot Sack and lay it on as warm as can be endured. This is very good for a pain in the Stomach.

For the Pains of the Gout.

MIX Barbadoes-Tar, and Palm-Oil an equal quantity, juſt melt them together, and gently anoint the Part affected.

A preſent help for the Cholick.

MIX as much Mithridate as a Bean in a Spoonful of Dragon-water, and give it the Party to drink, and lay a little Suet on the Navel; keep in Bed.

A Plaiſter for the Cholick.

SPREAD the whites of 4 or 5 Eggs well beaten on ſome Leather, and over that ſtrew on a Spoonful of Pepper, and as much Ginger finely beaten and ſifted, then put this Plaiſter on the Navel: it often gives ſpeedy eaſe.

For the Ague.

TAKE Smallage, Ribwort, Rue, Plantane and Olibanum; beat all theſe well together with a little Bay-ſalt, and put it in a thin Bag and lay it to the Wriſt a little before the cold Fit comes.

A Powder for Convulſion Fits.

TAKE a Dram and half of ſingle Piony-ſeed, of Miſletoe of the Oak one Dram, Pearl, white Amber, and Coral, all finely powdered, of each half a Dram, Bezoar 2 Drams, and 5 Leaves of Gold; make all theſe up in a fine Powder, and give it in a Spoonful of black Cherry-water, or if you pleaſe Hyſterical Water. You may give to a Child

Child new born, to prevent Fits, as much as will lie on a Three-pence, and likewiſe at each Change of the Moon; and to older People as much as they have ſtrength and occaſion.

To prevent Fits in Children.

TAKE Saxafrage, Bean-Pods, Black Cherry, Groundſel, and Parſley-waters; mix them together with Syrup of ſingle Piony. Give a ſpoonful very often, eſpecially obſerve to give it at the Changes of the Moon.

Another.

TAKE a Quart of Ale, and a Quart of ſmall Beer, and put in it a handful of Southernwood, as much Sage, and as much Penny-royal; let it boil half an Hour, ſtrain it out, and let the Child drink no other Drink.

For a Hoarſeneſs with a Cold.

TAKE a quarter of a Pint of Hyſop-water, make it very ſweet with Sugar-candy, ſet it over the Fire, and when 'tis thorow hot, beat the Yolk of an Egg, and brew it in it, and drink it Morning and Night.

A Remedy for a Cough.

TAKE the Yolk of a new laid Egg, take the skin off the Yolk, and add ſix Spoonfuls of red Roſe-water; beat it well together, and make it very ſweet with white Sugar-candy; drink it 6 Nights going to Bed.

Pills

Pills to purge off a Rheum in the Teeth.

TAKE four drams of Maſtick, ten drams of Aloes, three drams of Agarick: Beat the Maſtick and Aloes, and grate the Agarick; ſearce them, and make them into Pills with Syrup of Betony. You may make but a quarter of this quantity at a time; and take it all out, one Pill in the Morning, and two at Night. You may eat or drink any thing with theſe Pills, and go abroad, keeping your ſelf warm; and when they work, drink a draught or two of ſomething warm.

To make Daffy's *Elixir.*

TAKE of Elecampane-roots ſliced, and Liquoriſh ſliced, of each 2 ounces; Aniſeeds, Coriander-ſeeds, and Carraway-ſeeds, of each two ounces; oriental Sena, Guiacum bruiſed, of each 2 ounces; Rhubarb, 1 ounce; Saffron, 1 dram; Raiſins of the Sun ſtoned, 1 pound. Put all theſe in a Glaſs-bottle of a Gallon, adding to it 3 quarts of white Anniſeed-water: Stop the Bottle, and let it ſtand infuſing 4 days, ſtirring it ſtrongly 3 or 4 times a day; then ſtrain it off, and put it into Bottles cork'd very well. You muſt take it Morning and Night; 3 ſpoonfuls going to Bed, and as much in the Morning, according as you find it work. It requires not much Care in Diet, nor keeping within: But you muſt keep warm, and drink ſomething hot in a Morning, after it has work'd.

This Elixir is excellent good for the Cholick, the Gravel in the Kidneys, the Dropſy, the Griping of the Guts, or any Obſtructions in the Bowels. It purgeth two or three times a day.

An

An Ointment to cauſe Hair to grow.

TAKE two ounces of Boar's-greaſe, one dram of the Aſhes of burnt Bees, one dram of the Aſhes of Southernwood, one dram of the Juice of a white Lilly-root, one dram of Oil of ſweet Almonds, and ſix drams of pure Musk; and, according to Art, make an Ointment of theſe; and the day before the full Moon, ſhave the place, and anoint it every day with this Ointment. It will cauſe Hair to grow where you will have it.

Oil of ſweet Almonds, or Spirit of Vinegar, is very good to rub the Head with, if the Hair grows thin.

To preſerve and whiten the Teeth.

TAKE a quarter of a pound of Honey, and boil it with a little Roch-Allum; ſcum it well, and then put in a little Ginger finely beaten; let it boil a while longer, then take it off, and before 'tis cold, put to it as much Dragon's-blood as will make it of a good Colour. Mix it well together, and keep it in a Gallipot for uſe. Take a little on a Rag, and rub the Teeth: You may uſe it often.

To make Lip-Salve.

TAKE a quarter of a pound of Alkermes-root bruiſed, and half a quarter of a pound of freſh Butter, as much Bees-wax, and a pint of Claret: Boil all theſe together a pretty while, then ſtrain it, and let it ſtand till 'tis cold; then take the Wax off the top, and melt it again, and pour it clear from the dregs into your Gallipots, or Boxes: Uſe it when, and as often as you pleaſe.

To

To clean and ſoften the Hands.

SET half a pint of Milk over the Fire, and put into it half a quartern of Almonds blanch'd and beaten very fine; when it boils, take it off, and thicken it with the yolk of an Egg; then ſet it on again, ſtirring it all the while both before and after the Egg is in; then take it off, and ſtir in a ſmall ſpoonful of ſweet Oil; and put it in a Gallipot: It will keep about five or ſix days. Take a bit as big as a Walnut, and rub about your Hands, and the Dirt or Soil will rub off, and it will make them very ſoft. Draw on Gloves, juſt as you have uſed it.

A Remedy for Pimples.

TAKE half a quarter of a pound of bitter Almonds; blanch, ſtamp them, and put them into half a pint of Spring-water; ſtir it together, and ſtrain it out: Then put to it half a pint of the beſt Brandy, and a Pennyworth of the Flower of Brimſtone. Shake it well, when you uſe it; which muſt be often. Dab it on with a fine Rag.

Another to take away Pimples.

TAKE Wheat-flour, mingled with Honey and Vinegar, and lay on the Pimples going to Bed.

A Water to waſh the Face.

BOIL two ounces of *French* Barley in 3 pints of Spring-water; ſhift the Water 3 times; the laſt Water uſe, adding to it a quartern of bitter Almonds blanch'd, beat, and ſtrained out; then add

the Juice of two Lemons, and a pint of White Wine. Waſh with it at Night. Put a bit of Camphire in the Bottle.

To whiten and clean the Hands.

Boil a quart of new Milk, and turn it with a pint of *Aqua-Vitæ*; then take off the Curd, then put into the Poſſet a pint of Rheniſh-wine, and that will raiſe another Curd; which take off: Then put in the Whites of ſix Eggs well beaten, and that will raiſe another Curd; which you muſt take off, and mix the three Curds together very well, and put them in a Gallipot, and put the Poſſet in a Bottle. Scour your Hands with the Curd, and waſh them with the Poſſet.

A Water for the Scurvy in the Gums.

Take two quarts of Spring-water, and one pound of right *Flower-De-Luce*-root, and a quarter of a pound of Roch-Allum; two ounces of Cloves, two handfuls of red Roſe-leaves, two handfuls of Woodbine-leaves, two handfuls of Columbine-leaves; two handfuls of brown Sage, and one of Roſemary; eight Sevil Oranges, Peel and all, only take out the Seeds. Set theſe over the Fire, and let them boil a quart away; then take it off, and ſtrain it, and ſet it over the Fire again; and put to it three quarts of Claret, and a pint of Honey: Let them boil half an hour; ſcum it well, and when 'tis cold, bottle it for uſe. Waſh and gargle your Mouth with it two or three times a day.

To take away Morphew.

TAKE Briony-roots and Wake-Robin, ſtamp them with Brimſtone, and make it up in a Lump, wrap it in a fine linnen Rag, and dip it in Vinegar, and rub the Place pretty hard with it, and it will take away the Morphew Spots.

The Italian *Waſh for the Neck.*

TAKE a quart of Ox's Gall, 2 ounces of Roch-Allum, 2 ounces of white Sugar-candy, 2 Drams of Camphire, half an ounce of Borax; beat all theſe in a Mortar, and ſift them thro' a fine Sieve; then mix them well in the quart of Ox's Gall; put all together into a three-pint Stone-bottle well cork'd: ſet it to infuſe in the Sun, or by the Fire ſix Weeks together, ſtirring it once a day: then ſtrain it from the bottom, and put to every quarter of a pint of this Liquor a quart of Spring-Water, otherwiſe it will be too thick; ſet it a little to clarify, and bottle it, put ſome Powder of Pearl in the Bottle: Waſh with it.

For a Cold.

TAKE Roſemary and ſliced Liquoriſh, and boil it in ſmall Ale, and ſweeten it with Treacle, and drink it going to Bed 4 or 5 Nights together.

To ſtop Bleeding in the Stomach.

TAKE Oil of Spike, natural Balſam, Bole-Armoniac, Rhubarb, and Turpentine; mix theſe together, and take as much as a large Nutmeg 3 times a day.

The

The Tar Pills for a Cough.

TAKE Tar and drop it on Powder of Liquorish, and make it up into Pills; take two every Night going to Bed, and in the Morning drink a Glass of fair Water that Liquorish has been 3 or 4 Days steep'd in. Do this for 9 or 10 Days together, or as you find good.

To Cure an Ague.

TAKE small Packthread, as much as will go 5 times about the Neck, Wrists and Ancles; dip them in Oil of Amber twice a day for 9 days together; keep them on a Fortnight after the Ague is gone.

For a Looseness.

TAKE Sage and heat it very hot between two Dishes; put it in a linnen Bag, and sit on it.

Another.

TAKE Frankincense and Pitch, and put it on some Coals, and sit over it.

For violent Bleeding at the Nose.

LET the Party put their Feet in warm Water, and if that does not do, let them sit higher in it.

For the biting of a mad Dog.

PRIMROSE Roots ſtampt in White-wine and ſtrained. Let the Patient drink a good Draught of it.

For a Purge.

TAKE half an ounce of Sena, boil it in a pint of Ale till half be conſumed; cover it cloſe till the next day; then boil it again till it comes to two ſpoonfuls; ſtrain it, and add to it two ſpoonfuls of Treacle, and drink it warm; drink Gruel, or Poſſet, or Broth after it; keep your ſelf very warm while 'tis working. Or elſe two ounces of Syrup of Roſes, and drink warm Ale after it in the working.

For the Itch.

TAKE Elecampane Roots or Dock Roots dry'd and beaten to Powder, and a little beaten Ginger, both ſearc'd very fine; mix it up with freſh Butter, and anoint with it in the Joints.

For the Dropſy and Scurvy.

TAKE a quart of White-wine, and 6 Sprigs of Wormwood, and as much Roſemary, half a quarter of an ounce of Aloes, the ſame quantity of Myrrh, Rhubard, Cinnamon and Saffron; bruiſe the Drugs, and pull the Saffron, and put all into a 3 pint Stone-bottle; tie the Cork down cloſe, and ſet it in a kettle of Water and Hay, and let it boil 3 hours; then let it ſtand a day or two to ſettle; ſo let the Patient take 4 ſpoonfuls every Morning faſting, and faſt 3 hours after it, and walk abroad.

If 'tis too long to faſt, and the Conſtitution will not bear it, they may drink a Draught of Water-Gruel 2 Hours after it; take this till the quantity is out.

For the Jaundice.

TAKE 3 Bottles of Ale, and half a Pint of the Juice of Celandine, and a quarter of a Pint of Fever-few, and a good handful of the inner Rind of Barberry-Tree, and 2 Pennyworth of Saffron; divide all into 3 Parts, and put a part into every one of the Bottles of Ale, and drink a Bottle in 3 Mornings. So it will laſt 9 Mornings; you muſt ſtir after it.

To make Lucatellus's *Balſam to take inwardly.*

TAKE a Quart of the pureſt Oil, and half a pound of yellow Bees-Wax, 4 ounces of *Venice* Turpentine, 6 ounces of liquid Storax, 2 ounces of Oil Hipericon, 2 ounces of natural Balſam, red Roſe-water half a Pint, and as much Plantane Water, red Sanders 6 Pennyworth, Dragon's Blood 6 Pennyworth, Mummy 6 Pennyworth, and of Roſemary and Bays of each half a handful, and ſweet Marjoram half a handful; put the Herbs, the Dragon's Blood, the Wax, and Mummy, into a Pipkin; then put the Oil, the Turpentine, the Oil Hipericon, the Storax, the Roſe-water, the Plantane-water, and a quart of Spring-water, and if you pleaſe ſome *Iriſh* Slate, ſome Balm of *Gilead*, and ſome Sperma-Cete into another Pipkin: ſet both the Pipkins over a ſoft Fire, and let them boil a quarter of an Hour; then take it off the Fire and put in the natural Balſam and red Sanders; give them

them a boil, and ſtrain all in both Pipkins together into an earthen Pan. Let it ſtand till 'tis cold; then pour the Water from it and melt it again; ſtir it off the Fire till 'tis almoſt cold, then put it into Gallipots; and cover it with Paper and Leather.

For the Piles.

TAKE Galls, ſuch as the Dyers uſe, and beat them to Powder, and ſift them; mix the Powder with Treacle into an Ointment, and dip a Rag into it, and apply it to the place affected.

For the Cramp.

TAKE Spirit of Caſtor, and Oil of Worms, of each 2 Drams, Oil of Amber one Dram; ſhake them well together, warm a little in a Spoon and anoint the Nape of the Neck; chafe it in very well, and cover warm; anoint when in Bed.

For a Cough.

TAKE Conſerve of Roſes 2 ounces, Diaſcordium half an ounce, Powder of Olibanum half a Dram, Syrup of Jubebs half an ounce; mix theſe, and take the quantity of a Nutmeg 3 times a Day, in the Morning, at 4, and at Night.

For a Dropſy.

TAKE 3 ounces of the outward Bark of Elm boiled in 3 quarts of Water, till a third part is waſted, drink nothing elſe. To make it pleaſant, you may put in ſome Sugar, or Wine, or Elder Wine, or Syrup made of dwarf Elderberries.

To make Caſhew Lozenges.

TAKE half an ounce of Balſam of *Tolu*, put it in a Silver Tankard, and put to it 3 quarters of a Pint of fair Water; cover it very cloſe, and let it ſimmer over a gentle Fire 24 Hours; then take 10 ounces of Loaf-Sugar finely powdered, and half an ounce of *Japan* Earth finely powdered and ſifted, and wet it with two parts of *Tolu* Water, and one part Orange-flower-water, and boil it together almoſt to a Candy height; then drop it on Pie-plates, but firſt rub the Plates over with an Almond, or waſh them over with Orange-flower water. 'Tis beſt to do but 5 ounces at a time, becauſe it will cool before you can drop it; after you have dropt them, ſet the Plates a little before the Fire, they will ſlip off eaſier. If you would have them perfum'd, put in Ambergreaſe.

For Obſtructions.

PUT 2 ounces of Steel-filings into a quart Bottle of White-wine, let it ſtand 3 Weeks, ſhaking it once a Day; then put in a Dram of Mace, let it ſtand a Week longer; then put into another Bottle 3 quarters of a Pound of Loaf-Sugar in Lumps, and clear off your Steel-Wine to your Sugar, and when 'tis diſſolv'd 'tis fit to uſe. Give a Spoonful to a young Perſon, with as much Cream of Tartar as will lie on a Three-pence, to one that is older 2 ſpoonfuls, and Cream of Tartar accordingly.

For a Rheumatiſm.

LET the Party take of the fineſt glazed Gunpowder as much as a large Thimble may hold, wet it in a Spoon with Milk from the Cow, and drink

drink a good half Pint of warm Milk after it; be covered warm in Bed and ſweat. Give it faſting about ſeven in the Morning, and take this 9 or 10 Mornings together.

For a Dropſy.

BRUISE a Pint of Muſtard-ſeed, ſcrape and ſlice a large Horſe-radiſh Root, ſcrape a handful of the inner Rind of Elder, and a Root of Elecampane ſliced; put all theſe into a large Bottle, and put to it a Quart of good ſtale Beer; let it ſteep 48 Hours: drink half a Pint every Morning faſting, and faſt 2 Hours after it. You may fill it up once or twice.

The Bruiſe Ointment.

TAKE of Roſemary, brown Sage, Fennel, Camomile, Hyſop, Balm, Woodbine-leaves, Southernwood, Parſley, Wormwood, Self-heal, Rue, Elder-leaves, Clowns-all-heal, Burdock-leaves, of each one handful; put them into a Pot with very ſtrong Beer, or Spirits enough to cover them well, and 2 Pound of freſh Butter out of the Churn; cover it up with Paſte, and bake it with Bread, and when 'tis baked ſtrain it out: when 'tis cold, ſcum off the Butter and melt it, and put it in a Gallipot for uſe. The Liquor is very good to dip Flannels into, and bathe any green Bruiſe or Ache as hot as can be born.

A good Vomit.

TAKE 2 ounces of the fineſt white Allum, beat it ſmall, put it into better than half a Pint of new Milk, ſet it on a ſlow Fire till the Milk is turn'd clear: let it ſtand a quarter of an Hour,

ſtrain it off, and drink it juſt warm. It will give 3 or 4 Vomits, and is very ſafe, and an excellent Cure for an Ague, taken half an hour before the Fit; drink good ſtore of Carduus Tea after it. Or elſe take half a Dram of Hipococuana, and Carduus Tea with it.

An Ointment for a ſcald Head.

TAKE 1 pound of *May* Butter without Salt, out of the Churn, a Pint of Ale not too ſtale, a good handful of green Wormwood; let the Ale be hot, and put in the Butter to melt; ſhred the Wormwood, and let them boil together till it turns green; ſtrain it, and when 'tis cold take the Ointment from the Dregs.

To Cure the Piles.

TAKE 2 Pennyworth of Litharge of Gold, 1 ounce of Sallet Oil, one ſpoonful of White Wine Vinegar; put all into a new Gallipot, beat it together with a Knife till 'tis as thick as an Ointment; ſpread it on a Cloth and apply it to the place: If inward, put it up as far as you can.

To make the Teeth white.

TAKE 3 ſpoonfuls of Celandine, 9 ſpoonfuls of Honey, half a ſpoonful of burnt Allum; mix theſe together and rub the Teeth with it.

A Powder for the Teeth.

HALF an ounce of Cream of Tartar, and a quarter of an ounce of Powder of Myrrh; rub the Teeth with it 2 or 3 times a Week.

To make the right Angel-Salve.

TAKE of Roſin and Parroſin, of each half a Pound, Virgin's-Wax and Frankincenſe, of each a quarter of a Pound, Maſtich one ounce, Deer Suet a quarter of a pound; melt what is to be melted, and Powder what is to be powdered, and ſift it fine; then boil them, and ſtrain them thro' a Canvas Bag into a Pottle of White-wine; then boil the Wine with the Ingredients an Hour with a gentle Fire, and let it ſtand till 'tis no hotter than Blood; then put to it 2 Drams of Camphire, and 2 ounces of *Venice* Turpentine, and ſtir it conſtantly till 'tis cold. Be ſure your Stuff be no hotter than Blood when you put in your Camphire and Turpentine, otherwiſe 'tis ſpoil'd; make it up in Rolls and keep it for uſe. 'Tis the beſt Salve made.

To cure an Ague.

TAKE Tobacco duſt and Soot an equal quantity, and 9 Cloves of Garlick; beat it well together, and mix it with Soap into a pretty ſtiff Paſte, and make 2 Cakes ſomething broader than a 5 Shilling piece, and ſomething thicker; lay it on the inſide of each Wriſt, and bind it on with Rags. Put it on an Hour before the Fit is expected. If it does not do the firſt time, in 3 or 4 Days repeat it with freſh.

To take out the Redneſs and Scurf after the Small-Pox.

AFTER the firſt Scabs are well off, anoint the Face going to Bed with the following Ointment. Beat common Allum very fine, and ſift it

thro' a lawn Sieve, and mix it with Oil, like a thick Cream, and lay it all over the Face with a Feather in the Morning; have Bran boiled in Water till 'tis slippery, then wash it off as hot as you can bear it. So do for a Month or more as there is occasion.

To make Brimstone-Lozenges for a short Breath.

TAKE of Brimstone-flour and double refin'd Sugar beaten and sifted an equal quantity; make it in Lozenges with Gum-Dragon steep'd in Rose-water; dry them in the Sun, and take 3 or 4 a Day.

For a Burn.

TAKE common Allum, beat and sift it, and beat it up with Whites of Eggs to a Curd; then with a Feather anoint the Place. It will cure without any other thing.

To procure the Menses.

TAKE a quarter of an Ounce of pure Myrrh made into fine Powder; mix it with 3 quarters of an Ounce of Conserve of Bugloss-flowers; 2 Days before your Expectation take this quantity at 4 times, last at Night, and first in the Morning; drink after each time a draught of Posset-Drink made of Ale, White-Wine, and Milk, and boil in it some Pennyroyal, and a few Camomile Flowers.

To ſtop Flooding.

DISSOLVE a quarter of an ounce of *Venice*-Treacle in four ſpoonfuls of Water, and drop in it thirty or forty of *Jones*'s Drops. Take it when occaſion requires, eſpecially in Child-bed.

To provoke Urine preſently when ſtopp'd.

IN a quart of Beer boil a handful of the Berries of Eglantine till it comes to a pint; drink it off luke-warm.

To draw up the Uvula.

TAKE Ground-Ivy and heat it well between two Tiles, and lay it as warm as can be born on the top of the Head.

The Blood of a Hare, dry'd and drank in Red-wine, does ſtop the Bloody-Flux, or any Lask, tho' never ſo ſevere.

For a Thruſh in Childrens Mouths.

TAKE a hot Sea-Coal, and quench it in as much Spring-water as will cover the Coal; waſh it with this five or ſix times a day.

Directions

Directions for Painting Rooms or Pales.

The Price of the Materials.

	l.	*s.*	*d.*
One Hundred weight of red Lead	00	18	0
One Hundred weight of white Lead	01	02	0
Linſeed Oil by the Gallon	00	03	2

A ſmall quantity of Oil of Turpentine is ſufficient.

THE red Lead muſt be ground with Linſeed-Oil, and may be uſed very thin, it being the priming or firſt colouring; when 'tis uſed, ſome drying Oil muſt be put to it.

To prepare the drying Oil.

TAKE two quarts of Linſeed-Oil, put it in a Skillet or Sauce-pan, and put to it a pound of burnt Amber; boil it for two hours gently; prepare this without Doors for fear of endangering the Houſe; let it ſettle, and it will be fit for uſe; pour the clear off, and uſe that with the white Lead, the Lees or Dregs being as good to be uſed with the red Lead.

For the ſecond priming.

TAKE a hundred weight of white Lead with an equal quantity of whiting in bulk, but not in weight; grind them together with Linſeed-Oil pretty ſtiff; when 'tis uſed, put to it ſome of the drying

drying Oil above-mention'd, with a ſmall quantity of Oil of Turpentine. This is not to be laid on till the firſt priming is very dry.

To prepare the Putty or Paſte to ſtop all Joints in the Pales or Wood, that no Water may ſoak in.

TAKE a quantity of Whiting, and mix it very ſtiff with Linſeed-Oil, and Drying Oil, of each an equal quantity; when 'tis ſo ſtiff it cannot be wrought by the Hand, more Whiting muſt be added and beat up with a Mallet till 'tis ſtiffer than Dough; when your ſecond priming is dry, ſtop ſuch Places as require with this Putty, and when the Putty is skinn'd over, that is, the outſide dry, then proceed and lay on the laſt Paint, which is thus to be prepared.

Take of the beſt white Lead, grind it very ſtiff with Linſeed-Oil, and when 'tis uſed put to it ſome of the Drying Oil, and ſome Oil of Turpentine. Thus will the Work be finiſhed to great Satisfaction; for it will be more clean and more durable than it can be performed by a Houſe-Painter, without you pay conſiderably more than the common Rates. Repeat this laſt Preparation once in five Years, and it will preſerve any Out-works that are expoſed to the Weather, time out of Mind. But for Rooms or Places within Doors, proceed thus.

The Wainſcot Colour for Rooms.

WHEN you mix your laſt Paint, add to your white Lead a ſmall quantity of yellow Oaker, and uſe it as above directed. 'Tis now the univerſal Faſhion to paint all Rooms of a plain Wainſcot Colour; and if it ſhould alter, 'tis but mixing any other Colour with the white Lead inſtead of yellow Oaker. There muſt be bought ſix Chamber-Pots of Earth, and ſix Bruſhes, and keep them to what they belong to.

To make yellow Varniſh.

TAKE one quart of Spirit of Wine, and ſeven ounces of Seed-Lake, half an ounce of Sandarack, a quarter of an ounce of Gum-Anime, and one Dram of Maſtich. Let theſe infuſe for 36 or 40 hours, ſtrain it off, and keep it for uſe. 'Tis good for Frames of Chairs, or Tables, or any thing, black or brown; do it on with a Bruſh three or four times, nine times if you poliſh it afterwards, and a day between every doing: Lay it very thin the firſt and ſecond time, afterwards ſomething thicker.

To make white Varniſh.

TO one quart of Spirit of Wine take eight ounces of Sandarack well waſh'd in Spirit of Wine, that Spirit of Wine will make the yellow Varniſh; then add to it a quarter of an ounce of Gum-Anime well pick'd, half an ounce of Camphire, and one Dram of Maſtich; ſteep this as long as the yellow Varniſh, then ſtrain it out and keep it for uſe.

To boil Plate.

TAKE twelve Gallons of Water, or a quantity according to your Plate in Largeneſs or Quantity; there muſt be Water enough to cover it; put the Water in a Copper or large Kettle, and when it boils put in half a pound of red Argil, a pound of common Salt, an ounce of Roch Allum; firſt put your Plate into a Charcoal Fire, and cover it till 'tis red-hot; then throw it into your Copper, and let it boil half an hour; then take it out and waſh it in cold fair Water, and ſet it before the Charcoal Fire till 'tis very dry.

For a Bite of a mad Dog, it has cured when the Perſon was diſordered, and the Salt-Water failed.

TAKE of Turmentil-roots one ounce, Aſſafœtida as much as a Bean, Caſtor four penny-worth, Lignum-Aloes two penny-worth; ſteep theſe in Milk twelve hours; boil the Milk and drink it faſting before the Change or Full Moon, or as oft as occaſion.

An excellent Way of waſhing to ſave Soap, and whiten Cloths.

TAKE a Butter-Tub, or one of that Size, and with a Gimlet bore Holes in it about half way; then put into your Tub ſome clean Straw, and over that about a peck of Wood-Aſhes; then fill it with cold Water, and ſet it in another Veſſel to receive that Water as it runs out of the Holes of the Tub; if 'tis too ſtrong a Lye, add to it ſome

warm Water, and then waſh your Linnen in it ſlightly, ſoaping the Cloaths before you waſh them: two pound of Soap will go as far as ſix pound, and make the Cloaths whiter and cleaner, when they by experience have got the right way. If 'tis too ſtrong for the Hands, make it weaker with Water.

To take Mildew out of Linnen.

TAKE Soap and rub it on very well; then ſcrape Chalk very fine, and rub that in well, and lay it on the Graſs, and as it dries, wet it a little, and at once or twice doing it will come out.



FINIS.



First Winter Course

Gravy Soop
remove
Chicken &
Bacon

Scotch
Collops

Giblet
Pie

A Fine
Boil'd
Pudding

Roast Beef
with Horse-
radish & Pickles
round

Second Course

A Turkey
Roasted

3
Wood Cocks
with Toasts

A
Tansey &
Garnish with
Orange

A
Hare with
a Savary
Pudding

A
Butter'd
Apple Pie
Hot

Summer

First Courfe

A Soop remove Dish of Fish

Orange Pudding

white Fricacy

A Venison Pafty

Tongue & Collyflower

Bacon & Beans

A Chine of Mutton.

Second Courfe

Chicken or Partridge

Veal Sweet Breads

Marron Paſties

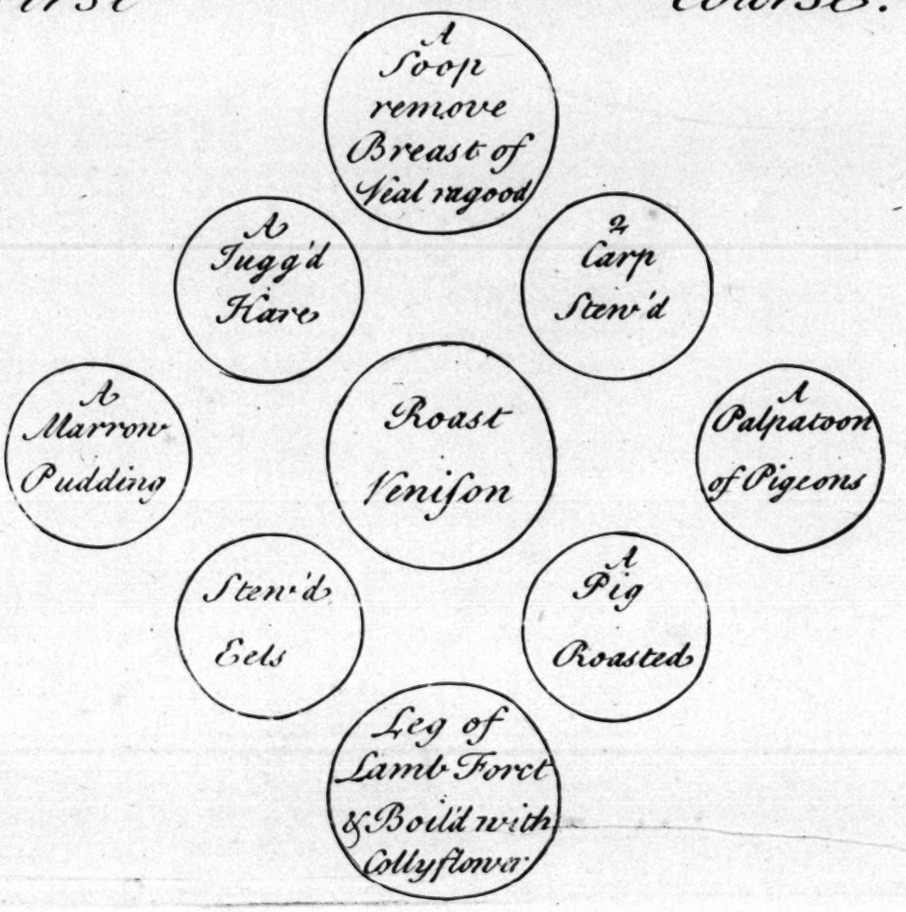
Sweet Meat Tarts of all Sorts

Young Peas

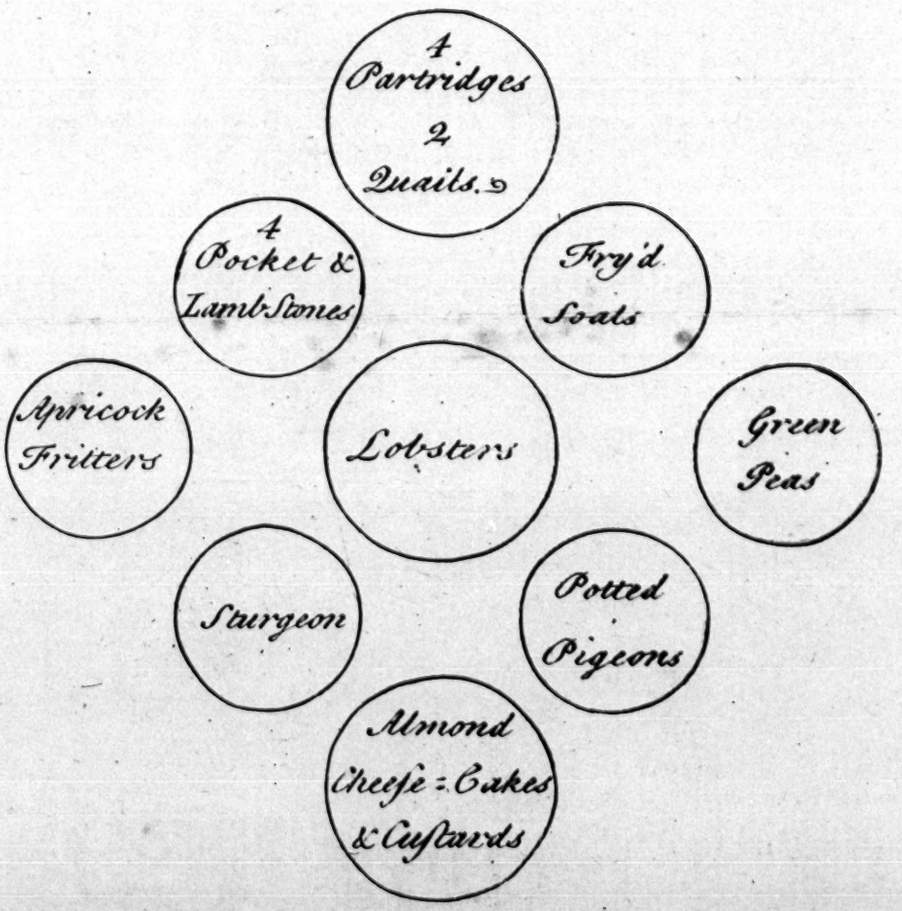
Roaſted Pigeons

3 Young Rabbits

First Course.



Second Course



A Supper

First Course

3
Carp Stew'd

Lambstons
Morels &
Truffles
Ragood

Scotch
Collops

Tarts
of
all Sorts

Danbeed
Veal

Broil'd
Pigeons with
Artichoke
Bottoms Fry'd

6
Very Small
Chickens

Second Course

The Desert in the Middle

6 Wild Ducks

Butter'd Crabs

2 Rabbits

Jellys

Parch't Allmonds

wet Sweet meats

Rata=fia drops

Strawberries

A Pyramid of dry'd Sweet=meats

Cherries

Maka=roons

wet Sweet meats

Allmond Flummery

Cream plain

A Dish of Peas

very small Arti=chokes

2 Large Lobsters

An Amlegue or Dish of Plates for Supper.

2
Small Chicks
Boil'd
& Liver Bruis'd
Shred Lemon
& Butter

A
Duck
Roasted

Pickles

4
Mutton Stakes
Broil'd with
Mushrooms or
Oisters Stew'd

Dutch Beef.
Scrap'd

Tarts
or
Lobsters

Tongue in
Slices

Peas or
Kidney Beans
or Artichoke
Bottoms fry'd

Anchovies

Fry'd
Soals or
Smelts

&

Collard
Beef Veal
or
Pig

THE

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